

Better Homes & Gardens

BH
G

Drew Makes Herself at Home

~~~~~  
And lets us in  
on her design process  
for work and life



+

## The Stylemaker Issue

Drew Barrymore  
plus 45 creative  
makers, movers, and  
shakers who will  
inspire you





MAKE ROOM FOR ALL OF YOU

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# september

SEPTEMBER 2023 • VOLUME 101 • NUMBER 9

STYLE  
MAKER  
2023



110

A Matthew Muscarella bouquet is a little wild, often irreverent, and always surprising.

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PHOTO: AMY BATOG



# NEED A REFRESH?



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**HAVE YOU EVER HAD A PERSON** in your life who has helped lead you to a creative breakthrough in some way? Maybe it was a friend who listened to you talk all the time about your fantasy career and finally said, “I think you’re ready. It’s time for you to go for it.” Or maybe it was a work colleague who encouraged you to lobby for a promotion. Or someone you follow on social media who inspired you to try a new outside-the-box project for your home, garden, or kitchen. I think all of us can name several people who have altered the course of our creativity, if not our lives.

Whether they were aware of their long-lasting influence or not, lots of people boosted my confidence during key points in my life. Teachers who encouraged my childhood writing or praised my drawings. My parents who fostered my interest in art and design by buying art books and taking me to museums. Editors who taught me to edit text even though I was an art director who didn’t know passive voice from a dangling participle.

Horticulturalists who complimented me on my knowledge of botanical names (turns out even an offhand compliment can be a prime motivator).

In this annual Stylemaker issue, we wanted to connect you to some of our

favorite creative forces and reveal how they stay energized, while passing along tips that might help you. Floral designer Matthew Muscarella, for instance, might give your table a boost with his unusual, eye-catching arrangements (*page 110*). Drew Barrymore shows how to keep expanding yourself beyond what everyone thinks you’re known for (*page 96*). Cookbook authors Susan Spungen, Hetty Lui McKinnon, and Andrea Gentl might tempt you to broaden your weekly



menus beyond Meatless Mondays with their delicious veg-forward recipes (*page 136*).

We all get blocked from time to time—wallowing in a soup of low confidence, boredom, or self-doubt. But as I recently advised a good friend who was frozen by all the decisions she had in front of her to launch a new product line: It’s not about making a perfect pick; it’s about selecting even one thing, being decisive, and moving forward. The Brits have several sayings that reinforce this idea: “It’s all in the doing,” “Best to crack on,” “Just get on with it,” and, of course, “Keep calm and carry on.” I’m not sure why that attitude seems to be part of their national persona (maybe it was WWII), but I’d like to take a page from their notebook and not let frittering away on the internet waylay me with over-research or the diversions of social media.

Finding a creative tribe either in your friend group or online among people you don’t know can give you a foundation to build on—a project that fulfills you artistically. My short list includes taking up the piano again and trying plein air landscape painting (I have a BFA in painting but haven’t touched a brush in decades). Yours might be something similarly artsy or perhaps redecorating a bedroom or starting a new business. Each of our Stylemakers is chosen for a specific talent (or talents) we think will give you inspiration and joy. We always say BHG is a brand for doers. So let’s unblock whatever is holding us back and get on with it—if it’s not right this time, we can always fix it later.

STEPHEN ORR,  
*Editor in Chief*  
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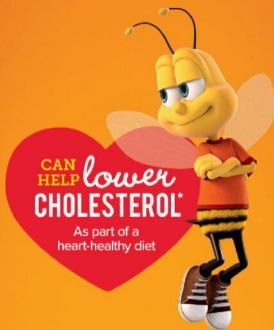
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## FROM THE EDITORS

### Creative Pursuits

Our team's tricks for making personally fulfilling projects and hobbies a priority

I joined a knitting group that meets every few weeks (thank you, Facebook). Not only is it nice to dedicate two hours to the craft with a group, but it also keeps me motivated between meetings, because I want to have something to show off at the next meetup.  
ELLA FIELD, contributing home editor



When my kids got a little older, I realized I really needed an outlet that was just for me, so I signed up for a ceramics class at our local art center. It's been several years now, and although I have a pottery wheel at home, I still sign up for classes, because the magic of a formal schedule is that it forces you to set the time aside for yourself, no excuses.  
OMA BLAISE FORD, executive editor



I don't plan a specific time to be creative; instead, I try to pay attention when inspiration hits and allow myself to take full advantage of those moments.

If I'm out in the garden doing light chores like mowing the lawn or weeding, for example, I often notice beautiful plants blooming, and I stop to do a quick arrangement.  
JARRET EINCK, deputy art director

Growing up, I played in the percussion sections of the school orchestra and jazz band, but I put music aside to pursue my career. I've recently discovered a music scene in my community and have reconnected with my love of playing the drums. Now I practice a few days a week and try to play with local bands as often as I can—sitting in for one or two songs at our neighborhood spot.  
AMY BRIGHTFIELD, health and features director

I find putting my phone away in a drawer is the best way to find time for creative endeavors.

STEPHEN ORR,  
editor in chief



When life gets busy, I use a time-blocking app (like Structured) to be intentional about my schedule. It helps ensure I'm making time every day for my hobbies, even if it's just 15 minutes to sew together two quilt blocks.  
MAGGIE GOLDSMITH, associate art director





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### OUT OF THE ARCHIVES

We scoured our 100-year-old archives for nostalgia-filled decor ideas, projects, and everyday tips that still work today. Visit [pinterest.com/BHG](https://pinterest.com/BHG) to watch.



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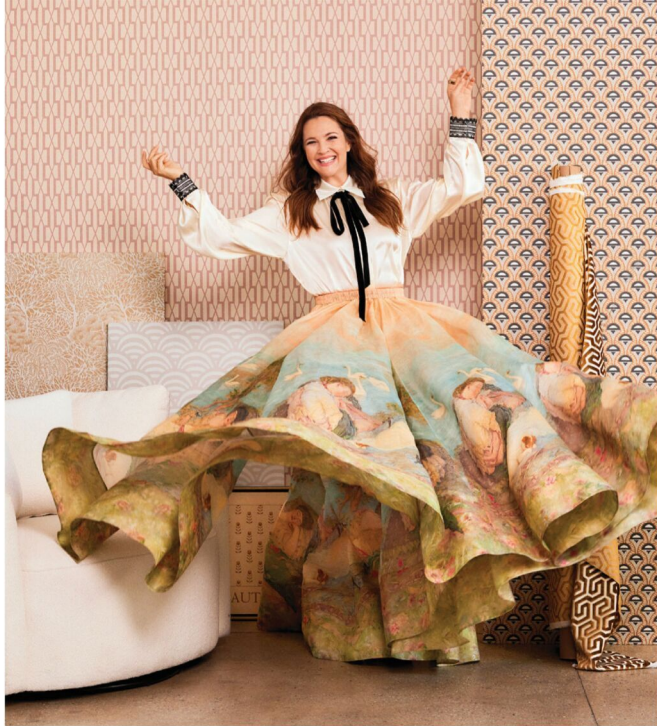
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## Inside Scoop Drew's Rules

In the newest digital edition, gain access to exclusive content with our cover star Drew Barrymore (story, page 96). Scan the smart code for more images and video from our photo shoot as well as an online-only "House Rules" story. Find out which less-pricey furniture items Drew buys, the importance of defining your spaces, and how she handles screen time limits for her kids. Keep scrolling to learn more from our featured Stylemakers. Then dive into our seasonal trend report spotlighting the top paint colors and designer-approved decorating moves, plus see if churro flavor will knock pumpkin spice latte off its throne this year.



For a deeper dive, hover your phone camera over the code.



## What's for Dinner?

We get it—the daily dinner grind can be a chore. But it helps to know you're not alone. That's the idea behind our new online series, "Dinner Diaries." Readers share personal stories of dinnertime in their homes, and you can pick up menu ideas, spending tips, recipes, and a comforting sense of community. Head to [BHG.com/DinnerDiaries](https://BHG.com/DinnerDiaries) to read their experiences.

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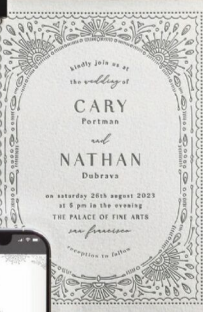
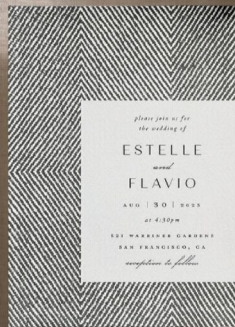
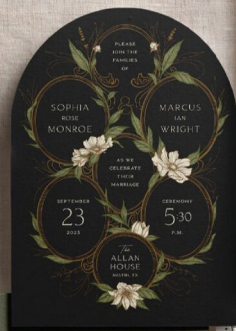


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*page 28*

**Better Homes  
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# STYLE MAKER 2023

## Creative Connectors

In this issue, we salute the movers  
and shakers, authors and bakers, designers  
and makers who push the  
design envelope in ever-beautiful ways.



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# Dream

*Inspiration of the month*

Photographer Ditte Isager put a light, airy, modern spin on her cabin in the woods. Expansive glass doors open the kitchen and living area to the deck; its nearly 700 square feet doubles the living space of the retreat near Copenhagen, Denmark. A breezeway provides a shaded gathering spot.





# Cabin CRUSH

We're daydreaming about  
spending a lazy weekend at  
this breezy *Nordic getaway*  
that feels like a tree house  
built at ground level.





# The Dream List



The unfussy lawn  
and no railings  
enhance the feeling  
that the deck is  
floating in nature.



## 1 *WIDE OPEN*

With its breezeway, wide glass doors, and tall windows, Ditte Isager's cabin structure seems to defy boundaries, blurring into the surroundings. Architect Erik Juul skipped sliders in favor of folding glass doors that create unobstructed openings. You can get a similar feel with extra-large French doors and by expanding window openings, *left*. Keep in mind that lowering the sill to make an existing window longer tends to cost less than widening or raising the frame.

## 2 *COHESIVE MATERIALS*

Pale woods touch nearly every surface to simplify the design, make spaces seem larger, and blend with nature. The exterior's untreated Siberian larch (similar to Alaskan yellow cedar or Douglas fir) will gray over time. Oil-finished Douglas fir clads interior walls, *above, far left*. Ditte's gray floor is micro concrete, a thin coating that costs and weighs less than concrete.

## 3 *LAYING LOW*

The house sits close to the ground, allowing for a deck that's just 6 inches high, *left*. With a platform this low, most city building codes don't require a railing, so the deck can flow freely into the landscape. ■



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# CELEBRATE

*Artsy upgrades for late-summer gatherings in the garden*



## Dip into Color

In the hands of designer, author, and entertaining expert Nathan Turner, a can of paint isn't just for walls. Here, it's the starting point for an exuberant centerpiece and a more-is-more tablescape.

● The idea for this lush table setting started with what Nathan describes as an easy DIY project. "I saw these plain bisque vases, and I immediately wanted to dip them in paint," he says. "Once I started, I couldn't stop; it was so satisfying." He knew he wanted to use them as a centerpiece, so he picked their colors to pair with his own collection of blue floral linens (available at [wallshoppe.com](http://wallshoppe.com)).

STYLING: ERIK KENNETH STAALBERG



**THINKING  
EVERY PROJECT  
IS A DIY?**



**MAYBE YOU JUST NEED A**







A large fig leaf breaks up the white-on-white napkin and plate.

Nathan approached this tablescape in stages. First, he did the setting (linens, plates, flatware, glassware), then he focused on the centerpiece of dipped vases and candleholders and flowers. To tie them together, he repeated shades of green and blue throughout, with splashes of hot pink for energy.

Nathan Turner is a seasoned maximalist. His ability to mix adventurous combinations of color, pattern, and texture is showcased in his joyful table settings, layered interiors, and punchy wallpaper and textile collection at Wallshoppe. So what's his secret for getting it all right? For this table, the answer is repetition. "If you look at the table without the flowers, it's almost all the same color scheme: green, blue, white," he says. Even though it's colorful, the consistency sets a quiet base on which the bright vases and flowers stand out. Each vase contains one type of flower in a single color. "Mixed bouquets would have gone too nuts," Nathan says. "This color-blocking story is bold but fundamentally simple."



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"I'M DEFINITELY A MAXIMALIST—MORE IS MORE.  
THIS TABLE COULD MAKE THE SAME  
IMPACT WITH HALF THE STUFF, BUT I LOVE THE  
DRAMA OF 'JUST KEEP GOING.'"

—NATHAN TURNER







To determine the palette for the vases and candleholders, Nathan says: "I took a paint deck and laid it on top of the tablecloth and picked colors I thought popped but didn't compete." Using each color on at least two vases or holders helps the mix feel coordinated and intentional. Varying the heights and shapes creates visual movement. "The mix of scale is really what makes the centerpiece so interesting," he says.

Vintage-inspired etched green glassware echoes the table's floral theme.



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**SIDE NOTE:  
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## CELEBRATE



### EASY DIY Take the plunge

● **CERAMICS** Look for unglazed pieces, often called "bisque" or "biscuit"; anything with a glaze or shine won't hold the paint. Nathan found his on Etsy. Note: Bisque pieces are not watertight and might leak if left full of water for long periods. Especially for larger bouquets, place a glass

inside the vase to hold the water. ● **PAINT** Nathan used Farrow & Ball Dead Flat wall paint (in Emerald Green, Verdigris Green, Ultra Marine Blue, Dutch Orange, Lake Red, and Imperial Purple), but any flat-finish paint will work. ● **TECHNIQUE** Dip pieces into the paint at varied angles and depths. For a scalloped line, dip at an angle multiple times, turning slightly for each dip. ■



PHOTO: (UNPAINTED ITEMS) CARSON DOWNING



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# Secrets of Highly Creative PEOPLE

Think you don't have a creative bone in your body? Nonsense! You probably just need to find your inspiration and learn to use it. We asked 10 pros how they capture and act on their creative impulses. Let them help unlock your inner genius.

## NeKeia McSwain INDUSTRY ORGANIZER

As a designer and president of Black Interior Designers Inc., she connects Black designers with clients and each other.

## Lewis Miller FLORAL DESIGNER

He's been bringing unexpected beauty to public spaces with his Flower Flash installations since 2016, when he set a ring of blooms around the John Lennon memorial in Central Park.

## Annie Sloan PAINT PRO

Since the 1980s, this artist, color expert, author, and inventor of Chalk Paint has been encouraging us to pick up a brush.

## Rebecca Gardner

### EVENT DESIGNER

Her gorgeous tables and over-the-top parties turn heads, and her Houses & Parties online shop sells a bit of the magic.

## Stacey Bewkes

### CONTENT CREATOR

Her *Quintessence* blog tells the stories

behind design, art, and architecture, and she visits the homes of interior designers on her popular YouTube series.

## Dexter and Byron Peart RETAILERS

They're the founders of Goodee, a curated online shop for artisanal, eco-minded home goods from around the world.

## Jake Arnold INTERIOR DESIGNER

The Expert, an online platform for pro decorating advice he cofounded, and his collection at Crate and Barrel bridge the gap between consumers and the design world.

## Patti Carpenter ARTISANS' CHAMPION

The fashion industry vet is a matchmaker for far-flung artisans and companies that can produce and distribute their work.

## Robin Zachary PHOTO STYLIST

Her hands-on workshops and book, *Styling Beyond Instagram*, are demystifying the art of making photos.





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ROBIN  
ZACHARY



Everything, everywhere, all at once—that's how it is with inspiration. Just keep your eyes and your mind wide-open and it will come. Here's how our creatives find their muse and keep it happy. You can too.

## WHAT SPARKS YOUR CREATIVITY?

● "I love going into shops in other countries and cities and seeing what kinds of products they have, even if it's a hardware store or something simple and mundane. I just like seeing."  
—ROBIN ZACHARY

● "I live in galleries. I live in museums. I love music and dance and theater. Art in all its forms feeds me creatively. One friend calls me the culture vulture. It's

because I'm really, genuinely interested. Somebody asked me once, 'How do you keep from being jaded?' And I said, 'What's there to be jaded about? Life is so fricking fascinating.'"  
—PATTI CARPENTER

● "My travels. Getting on the road—and I need to get on the road—is creativity candy. I need to get out and see things I haven't seen before to feed my creative soul."  
—DEXTER PEART

● "Honestly, what feeds my creativity is that I am an insatiable people pleaser. I really, really want

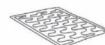
everybody to ooze confidence and beautiful light. I want them to feel pretty. I want them to be happy. Maybe it's not people-pleasing, but it's a pursuit of excellence that is fueled by excitement."  
—REBECCA GARDNER

● "What gets my blood pumping and what makes me feel alive is not just making something pretty, but it is problem-solving. That's when you're creating and you're having to do it on the fly. Sometimes when curveballs hit, that, in my own twisted sense, is fun."  
—LEWIS MILLER

"WHAT FEEDS ME CREATIVELY IS SELF-CARE. I HATE THIS SAYING—IT'S A LITTLE CRINGE—BUT YOU HAVE TO CREATE SPACE. IF I'M STUMPED, I'VE PROBABLY ALREADY GOT THE ANSWER. I PRACTICE MEDITATION AND JOURNALING. I'M VERY BIG ON MENTAL HEALTH AND SPIRITUALITY AS A GUIDING FORCE." —JAKE ARNOLD

“ I’m a visual storyteller. What I want to do is inspire someone to take away something I’ve written about, an image I’ve posted, or an idea, and use it to inform something in their own life. I essentially want them to be inspired to learn more, to be curious, and to explore.”  
—STACEY BEWKES

**If you could be any home furnishing, what would you be and why?**



*"I decided I'd have to be a rug. It could be something beautiful, like a painting transferred to a rug. Or it can look like an abstract design. Rugs can be anything you want. A rug absolutely makes a room, you know?"*  
—Annie Sloan



*"To be specific, I'd come back as a 17th-century Gustavian cabinet. First of all, nobody ever gets rid of them. They keep getting passed down. They are super attractive. And you're holding people's lives. You are holding their treasures. You're holding their secrets. You're holding their dishes."*  
—Lewis Miller

CONTINUED →



# FAST, POWERFUL RELIEF FOR PEOPLE WITH **HIGH BLOOD PRESSURE**



Did you know some ordinary cold & flu medicines can raise your blood pressure?\*

**DayQuil & NyQuil HIGH BLOOD PRESSURE** are specially formulated  
for people with High Blood Pressure.

\*MEDICINES WITH NASAL DECONGESTANT MAY RAISE BLOOD PRESSURE, BUT NYQUIL HBP & DAYQUIL HBP ARE DECONGESTANT-FREE.  
USE AS DIRECTED. KEEP OUT OF REACH OF CHILDREN.







# Opzelura® (ruxolitinib) cream 1.5%

OPZELURA is a prescription medicine used on the skin (topical) for the short-term and non-continuous chronic treatment of mild to moderate eczema (atopic dermatitis) in non-immunocompromised adults and children 12 years of age and older whose disease is not well controlled with topical prescription therapies or when those therapies are not recommended.

FOR MILD TO MODERATE ECZEMA

## CLEARER SKIN AND ECZEMA ITCH RELIEF. FAST.

**Imagine that with OPZELURA**—a single cream applied right on the spot to help clear skin and significantly reduce itch. All without steroids. OPZELURA is the first and only topical JAK inhibitor cream, targeting a key source of itch and inflammation. **Now that's relief reimagined.**

In clinical studies, a majority of people experienced meaningful itch relief at 8 weeks. Some saw rapid itch improvement as early as 3 or 4 days.

Ask your healthcare provider about less eczema itch with OPZELURA. Use as directed.

SEE HOW  
RELIEF WITH  
OPZELURA  
CAN FEEL



**REIMAGINE**  
WITH OPZELURA



## INDICATION AND USAGE

OPZELURA is a prescription medicine used on the skin (topical) for the short-term and non-continuous chronic treatment of mild to moderate eczema (atopic dermatitis) in non-immunocompromised adults and children 12 years of age and older whose disease is not well controlled with topical prescription therapies or when those therapies are not recommended.

The use of OPZELURA along with therapeutic biologics, other JAK inhibitors, or strong immunosuppressants such as azathioprine or cyclosporine is not recommended.

It is not known if OPZELURA is safe and effective in children less than 12 years of age with atopic dermatitis.

## IMPORTANT SAFETY INFORMATION

OPZELURA is for use on the skin only. Do not use OPZELURA in your eyes, mouth, or vagina.

### OPZELURA may cause serious side effects, including:

**Serious Infections:** OPZELURA contains ruxitinib. Ruxitinib belongs to a class of medicines called Janus kinase (JAK) inhibitors. JAK inhibitors are medicines that affect your immune system. JAK inhibitors can lower the ability of your immune system to fight infections. Some people have had serious infections while taking JAK inhibitors by mouth, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have been hospitalized or died from these infections. Some people have had serious infections of their lungs while taking OPZELURA. Your healthcare provider should watch you closely for signs and symptoms of TB during treatment with OPZELURA.

OPZELURA should not be used in people with an active, serious infection, including localized infections. You should not start using OPZELURA if you have any kind of infection unless your healthcare provider tells you it is okay. You may be at a higher risk of developing shingles (herpes zoster) while using OPZELURA.

**Increased risk of death due to any reason (all causes):** Increased risk of death has happened in people 50 years of age and older who have at least 1 heart disease (cardiovascular) risk factor and are taking a medicine in the class of medicines called JAK inhibitors by mouth.

**Cancer and immune system problems:** OPZELURA may increase your risk of certain cancers by changing the way your immune system works. Lymphoma and other cancers have happened in people taking a medicine in the class of medicines called JAK inhibitors by mouth. People taking JAK inhibitors by mouth have a higher risk of certain cancers including lymphoma and lung cancer, especially if they are a current or past smoker. Some people have had skin cancers while using OPZELURA. Your healthcare provider will regularly check your skin during your treatment with OPZELURA. Limit the amount of time you spend in the sunlight. Wear protective clothing when you are in the sun and use a broad-spectrum sunscreen.

**Increased risk of major cardiovascular events:** Increased risk of major cardiovascular events such as heart attack, stroke, or death have happened in people 50 years of age and older who have at least 1 heart disease (cardiovascular) risk factor and taking a medicine in the class of medicines called JAK inhibitors by mouth, especially in current or past smokers.

**Blood clots:** Blood clots in the veins of your legs (deep vein thrombosis, DVT) or lungs (pulmonary embolism, PE) can happen in some people taking OPZELURA. This may be life-threatening. Blood clots in the vein of the legs (deep vein thrombosis, DVT) and lungs (pulmonary embolism, PE) have happened more often in people who are 50 years of age and older and with at least 1 heart disease (cardiovascular) risk factor taking a medicine in the class of medicines called JAK inhibitors by mouth.

**Low blood cell counts:** OPZELURA may cause low platelet counts (thrombocytopenia), low red blood cell counts (anemia), and low white blood cell counts (neutropenia). If needed, your healthcare provider will do a blood test to check your blood cell counts during your treatment with OPZELURA and may stop your treatment if signs or symptoms of low blood cell counts happen.

**Cholesterol increases:** Cholesterol increase has happened in people when ruxitinib is taken by mouth. Tell your healthcare provider if you have high cholesterol or triglycerides.

### Before starting OPZELURA, tell your healthcare provider if you:

- have an infection, are being treated for one, or have had an infection that does not go away or keeps coming back
- have diabetes, chronic lung disease, HIV, or a weak immune system
- have TB or have been in close contact with someone with TB
- have had shingles (herpes zoster)
- have or have had hepatitis B or C
- live, have lived in, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections. These infections may happen or become more severe if you use OPZELURA. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.

Individual results may vary.

- think you have an infection or have symptoms of an infection such as: fever, sweating, or chills, muscle aches, cough or shortness of breath, blood in your phlegm, weight loss, warm, red, or painful skin or sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than usual, feeling very tired.
- have ever had any type of cancer, or are a current or past smoker
- have had a heart attack, other heart problems, or a stroke
- have had blood clots in the veins of your legs or lungs in the past
- have high cholesterol or triglycerides
- have or have had low white or red blood cell counts
- are pregnant or plan to become pregnant. It is not known if OPZELURA will harm your unborn baby. There is a pregnancy exposure registry for individuals who use OPZELURA during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. If you become exposed to OPZELURA during pregnancy, you and your healthcare provider should report exposure to Incyte Corporation at 1-855-463-3463.
- are breastfeeding or plan to breastfeed. It is not known if OPZELURA passes into your breast milk. Do not breastfeed during treatment with OPZELURA and for about 4 weeks after the last dose.

### After starting OPZELURA:

- Call your healthcare provider right away if you have any symptoms of an infection. OPZELURA can make you more likely to get infections or make worse any infections that you have.
- Get emergency help right away if you have any symptoms of a heart attack or stroke while using OPZELURA, including:
  - discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back
  - severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw
  - pain or discomfort in your arms, back, neck, jaw, or stomach
  - shortness of breath with or without chest discomfort
  - breaking out in a cold sweat
  - nausea or vomiting
  - feeling lightheaded
  - weakness in one part or on one side of your body
  - slurred speech
- Tell your healthcare provider right away if you have any signs and symptoms of blood clots during treatment with OPZELURA, including: swelling, pain, or tenderness in one or both legs, sudden, unexplained chest or upper back pain, or shortness of breath or difficulty breathing.
- Tell your healthcare provider right away if you develop or have worsening of any symptoms of low blood cell counts, such as: unusual bleeding, bruising, tiredness, shortness of breath, or fever.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**The most common side effects of OPZELURA in people treated for atopic dermatitis include:** common cold (nasopharyngitis), diarrhea, bronchitis, ear infection, increase in a type of white blood cell (eosinophil) count, hives, inflamed hair pores (folliculitis), swelling of the tonsils (tonsillitis), and runny nose (rhinorrhea).

These are not all of the possible side effects of OPZELURA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to Incyte Corporation at 1-855-463-3463.

**Please see the Brief Summary of the Medication Guide for OPZELURA on the next page.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit MedWatch or call 1-800-FDA-1088.



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MAT-OPZ-01615

**\$0**  
PER TUBE



## COPAY SAVINGS

Eligible\* patients with commercial insurance may pay as little as **\$0 per tube for OPZELURA.**

\*Terms and Conditions apply.



**What is OPZELURA?**

OPZELURA is a prescription medicine used on the skin (topical) for short-term and non-continuous chronic treatment of mild to moderate eczema (atopic dermatitis) in non-immunocompromised adults and children 12 years of age and older whose disease is not well controlled with topical prescription therapies or when those therapies are not recommended.

The use of OPZELURA along with therapeutic biologics, other JAK inhibitors, or strong immunosuppressants such as azathioprine or cyclosporine is not recommended. It is not known if OPZELURA is safe and effective in children less than 12 years of age with atopic dermatitis.

**Important:** OPZELURA is for use on the skin only. Do not use OPZELURA in your eyes, mouth, or vagina.

**What is the most important information I should know about OPZELURA?**

**OPZELURA may cause serious side effects, including:**

**• Serious Infections.** OPZELURA contains ruxolitinib.

Ruxolitinib belongs to a class of medicines called Janus kinase (JAK) inhibitors. JAK inhibitors are medicines that affect your immune system. JAK inhibitors can lower the ability of your immune system to fight infections. Some people have had serious infections while taking JAK inhibitors by mouth, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have been hospitalized or died from these infections. Some people have had serious infections of their lungs while using OPZELURA.

- Your healthcare provider should watch you closely for signs and symptoms of TB during treatment with OPZELURA.

OPZELURA should not be used in people with an active, serious infection, including localized infections. You should not start using OPZELURA if you have any kind of infection unless your healthcare provider tells you it is okay. You may be at a higher risk of developing shingles (herpes zoster) while using OPZELURA.

**Before starting OPZELURA, tell your healthcare provider if you:**

- are being treated for an infection
- have had an infection that does not go away or that keeps coming back
- have diabetes, chronic lung disease, HIV, or a weak immune system
- have TB or have been in close contact with someone with TB
- have had shingles (herpes zoster)
- have or have had hepatitis B or C
- live in an area, or have lived in an area, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections. These infections may happen or become more severe if you do not OPZELURA. Ask your healthcare provider if you do know if you have lived in an area where these infections are common.
- think you have an infection or have symptoms of an infection such as:
  - fever, sweating, or chills
  - muscle aches
  - cough or shortness of breath
  - blood in your phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinating more often than usual
  - feeling very tired

After starting OPZELURA, call your healthcare provider right away if you have any symptoms of an infection. OPZELURA can make you more likely to get infections or make worse any infections that you have. If you get a serious infection, your healthcare provider may stop your treatment with OPZELURA until your infection is controlled.

**• Increased risk of death due to any reason (all causes).** Increased risk of death has happened in people 50 years of age and older who have at least 1 heart disease (cardiovascular) risk factor and are taking a medicine in the class of medicines called JAK inhibitors by mouth.

**• Cancer and immune system problems.**

OPZELURA may increase your risk of certain cancers by changing the way your immune system works.

- Lymphoma and other cancers have happened in people taking a medicine in the class of medicines called JAK inhibitors by mouth.
- People taking JAK inhibitors by mouth have a higher risk of certain cancers including lymphoma and lung cancer, especially if they are a current or past smoker.
- Some people have had skin cancers while using OPZELURA. Your healthcare provider will regularly check your skin during your treatment with OPZELURA. Limit the amount of time you spend in the sunlight. Wear protective clothing when you are in the sun and use a broad-spectrum sunscreen.
- Tell your healthcare provider if you have ever had any type of cancer.

**• Increased risk of major cardiovascular events.**

Increased risk of major cardiovascular events such as heart attack, stroke, or death have happened in people 50 years of age and older who have at least 1 heart disease (cardiovascular) risk factor and taking a medicine in the class of medicines called JAK inhibitors by mouth, especially in current or past smokers.

Get emergency help right away if you have any symptoms of a heart attack or stroke while using OPZELURA, including:

- discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back
- severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw
- pain or discomfort in your arms, back, neck, jaw, or stomach
- shortness of breath with or without chest discomfort
- breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded
- weakness in one part or on one side of your body
- slurred speech

**• Blood clots.** Blood clots in the veins of your legs (deep vein thrombosis, DVT) or lungs (pulmonary embolism, PE) can happen in some people taking OPZELURA. This may be life-threatening. Blood clots in the vein of the legs (deep vein thrombosis, DVT) and lungs (pulmonary embolism, PE) have happened more often in people who are 50 years of age and older and with at least 1 heart disease (cardiovascular) risk factor taking a medicine in the class of medicines called JAK inhibitors by mouth.

- Tell your healthcare provider if you have had blood clots in the veins of your legs or lungs in the past.
- Tell your healthcare provider right away if you have any signs and symptoms of blood clots during treatment with OPZELURA, including:
  - swelling, pain, or tenderness in one or both legs
  - sudden, unexplained chest or upper back pain
  - shortness of breath or difficulty breathing

**See “What are the possible side effects of OPZELURA?” for more information about side effects.**

**Before using OPZELURA, tell your healthcare provider about all of your medical conditions, including if you:**

- See “What is the most important information I should know about OPZELURA?”
- have an infection
- are a current or past smoker
- have had a heart attack, other heart problems, or a stroke
- have or have had low white or red blood cell counts

- have high levels of fat in your blood (high cholesterol or triglycerides)
- are pregnant or plan to become pregnant. It is not known if OPZELURA will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for individuals who use OPZELURA during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. If you become exposed to OPZELURA during pregnancy, you and your healthcare provider should report exposure to Inocyte Corporation at 1-855-463-3463.
- are breastfeeding or plan to breastfeed. It is not known if OPZELURA passes into your breast milk. Do not breastfeed during treatment with OPZELURA and for about 4 weeks after the last dose.

**Tell your healthcare provider about all the medicines you take,** including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

**What are the possible side effects of OPZELURA? OPZELURA may cause serious side effects, including:**

**• See “What is the most important information I should know about OPZELURA?”**

**• Low blood cell counts.** OPZELURA may cause low platelet counts (thrombocytopenia), low red blood cell counts (anemia), and low white blood cell counts (neutropenia). If needed, your healthcare provider will do a blood test to check your blood cell counts during your treatment with OPZELURA and may stop your treatment if signs or symptoms of low blood cell counts happen. Tell your healthcare provider right away if you develop or have worsening of any of these symptoms:
 

- unusual bleeding
- bruising
- tiredness
- shortness of breath
- fever

**• Cholesterol increases.** Cholesterol increase has happened in people when ruxolitinib is taken by mouth. Tell your healthcare provider if you have high levels of fat in your blood (high cholesterol or triglycerides).

**The most common side effects of OPZELURA in people treated for atopic dermatitis include:**

- common cold
- hives
- (nasopharyngitis)
- inflamed hair pores (folliculitis)
- diarrhea
- swelling of the tonsils (tonsillitis)
- bronchitis
- runny nose (rhinorrhea)
- ear infection
- increase in a type of white blood cell (eosinophil) count

These are not all of the possible side effects of OPZELURA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to Inocyte Corporation at 1-855-463-3463.

Manufactured for: Inocyte Corporation, 1801 Augustine Cut-off, Wilmington, DE 19803  
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U.S. Patent Nos. 7598257; 8415362; 8722693; 8822481; 9079912; 9974790; 10610530; 10639310; 10758543; 10869870; 11219624  
For more information go to [www.Opzelura.com](http://www.Opzelura.com) or call 1-855-463-3463

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"INSPIRATION IS NOT CONSISTENT. IT'S DRAWN WHEN IT'S DRAWN. I MIGHT POP UP AT 2 IN THE MORNING WITH A BRAIN DUMP THAT I PUT IN MY NOTES. MY IPHONE NOTES HAVE SEEN ME AT MY WORST, AND THEY HAVE SEEN ME AT MY BEST." —NEKEIA MCSWAIN

Where do you look for inspiration?

#### THE ANALOG WORLD

"Where I look for inspiration is mostly printed matter. It could be a catalog, a postcard; it could be a piece of fabric. Then I also look to the natural world—pieces of wood, things on the beach, things that drop off a tree. I'm always looking at the ground."

—ROBIN ZACHARY

#### BOOKS

"Historical referencing is my absolute go-to as a starting point. I like to pull books from

different countries and time periods, because they help me understand the foundational elements so I can mess them up and add my own spin."

—JAKE ARNOLD

#### MUSEUMS AND SHOWS

"I might go to an exhibition that I don't think I'm really interested in—like, I don't know, medieval tiles from Morocco. But I go anyway, and I find some incredible thing that just blows my mind. Everything I look at I'm thinking, *Could I take that, could I use that, could I do something with that?*"

—ANNIE SLOAN

#### LOOKING AROUND

"I am always taking pictures. As we walk down the street, I'm taking a picture of a lamppost if there's something that's interesting about the way the color has changed on it through degradation."

—PATTI CARPENTER

#### MAGAZINES

"*The World of Interiors* is the one perennial in my life, my collection. I'll have to get a storage unit to hold them all. It's as close to authenticity as possible without having to make a trip to Ireland to see a shepherd's hut in the middle of a field."

—LEWIS MILLER

## WHAT PLACE GETS YOUR CREATIVE JUICES FLOWING?

**airplane.** Somehow everything comes to me, and all of the dots connect. And it's easy to be disconnected and doing my own thing with no distractions." —JAKE ARNOLD • "From the 1920s onward, artists Vanessa Bell and Duncan Grant painted **Charleston, a farmhouse** in the UK. They painted the doors, the walls, the furniture; they made lamps and painted mugs and cups and everything. It's got the most wonderful creativity, and it has been a huge inspiration for me and continues to be." —ANNIE SLOAN • "I fell in love with **Guatemala**. The artisans there are just extraordinary. Whenever I am there, I am learning about another material and how it has been worked for centuries. That for me is incredibly inspiring." —PATTI CARPENTER

- "I'm infamous for leaving work early and drinking Diet Cokes on the floor of my **library**. I love to look at old cookbooks and crazy cake decorating books from the mid-'60s." —REBECCA GARDNER
- "I always say the most inspired and free-flowing place for me is **on an**

“  
I find  
inspiration  
in the human  
things. I find  
inspiration  
in ‘isn't it  
incredible  
that someone  
just did that  
or made  
that with  
their hands?’  
I am inspired  
by other  
people's  
creativity, and  
that inspires  
my own  
creativity. It's  
juice.”

—DEXTER PEART

If you could be any home furnishing, what would you be and why?



"A silk lampshade lined in pink. I think a pool of warm light immediately sets the scene for a good time because it's flattering to everybody. You would make people feel beautiful and confident and therefore have more fun."

—Rebecca Gardner



"A fabulous wallcovering. Because I would see all, I would be appreciated, and I'm going to be that focal point no matter how much artwork, no matter how much lighting, how many pieces of furniture. I would make that space."

—NeKeia McSwain



## HOW DO YOU CAPTURE IDEAS?

**WRITE THEM DOWN**  
“I am an avid list maker. I have lists for all sorts of things. And folders—all digital. I have tons of lists that I keep in Notes on my phone and my computer. I try to give them titles that are searchable.”

—STACEY BEWKES

**TEAR THEM OUT**  
“I have been saving physical inspo—magazine swipes, catalogs—since the

beginning of time. I have file drawers I can put everything in and label it by category, whether home decor or food or whatever. The swipes I really, really love are pinned to bulletin boards that I have out, and I change them from time to time.”

—ROBIN ZACHARY

**UPLOAD THEM**  
“I take screenshots or photos of everything, and then I put them on Pinterest. I don’t do searches though. I try to avoid an algorithm because I don’t want to be fed every party trend from the past

three years. But when you start feeding Pinterest your own images with a short caption, it’s fascinating what pops up.”

—REBECCA GARDNER

**PRINT THEM OUT**  
“I’ll often print photos of designs I like or of something I plan to paint and stick them in my sketchbook. Then I work them up. I’ll dot them and spot them and draw lines, and just work out what I like for a design. Sometimes you don’t know what it is you like until you start doing it.”

—ANNIE SLOAN

## Why should we be using shared digital photo albums?

through all of those moments, memories, ideas that I’ve gathered and kept in a visual toolbox. I have albums for everything. They’re on my phone, so they’re on my computer. Some are for just me, but there are also collaborative albums with my teams. I post a photo, leave a note to my team—‘This inspired me’ or ‘Look for something like this’—and they comment on that too. There’s something valuable about having inspiration you can always count on to be there. It’s just a question of being able to find it.

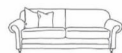
“On a completely other level, I use this with my family. All of my nieces have their own albums. And my brothers and sisters, my mom, they post pictures to these albums and document their lives. So the place that I am getting all of this business, creative input is the same place that I’m gathering all these family moments, which is beautiful.”

“If I have one takeaway for you, it is to use My Photo Stream on your iPhone. [Editor’s note: Apple has recently replaced this feature with iCloud Photos.] If I see something, whether in nature, in the physical world, or in a magazine or a book, I’ll photograph it. So when I need to be creative, I go back and look

“  
I try to stay away from social media. The more you intake of other people’s work, it becomes less yours. I have parental controls for myself. I block out specific times during the day for Facebook and Instagram. I work for 2½ hours, then I have a 30-minute block for social media. I stand firm to that 30 minutes. I set a timer.

—NEKEIA MCSWAIN

If you could be any home furnishing, what would you be and why?



“My answer is so basic, but that’s why I love it. I want to be a really comfortable roll-arm sofa that has plush down-filled cushions, because everyone wants to be comfortable and supportive, and that’s my vibe.”

—Jake Arnold



“A chair, because it can hold people up. I’d be an Arne Jacobsen Series 7 chair. The chair that fits everyone. The essential chair. Simple, understated, but fits in every room.”

—Dexter Peart



“A slightly wonky, irregularly shaped ceramic bowl filled with shells or pods or pinecones, things that fell off the trees. Not potpourri.”

—Robin Zachary

“I GIVE NO VALUE OR WEIGHT TO STAYING CURRENT. I AM MUCH MORE INTERESTED IN BEING EXCELLENT AND FUN. VISUALLY AND CREATIVELY CURRENT IS NOT MY GOAL.”

—REBECCA GARDNER



# “Life’s more fun in the deep end!”



Discover over 100 delicious,  
nutritious varieties at [Friskies.com](http://Friskies.com)



Your Pet, Our Passion®



What do you do if you feel stuck?

**SET THE TABLE**

"It is my creative outlet.

I am not a designer, but it's an area where I feel confident, it's something I love, and it's a creative expression."

—STACEY BEWKES

**GO FOR A STROLL**

"I take what I call an inspo walk. You tend

to go the same way all the time, so I try to go to areas of the city I haven't been to before. And I'm like, there's this amazing architecture here or something I never even noticed."

—ROBIN ZACHARY

**SLEEP ON IT**

"I don't care where it is, I'm going to lie down. I'm not going to stress myself out about something that very well might not be for me to get at that moment.

When I wake up, I have a fresh mind, a fresh heart, a fresh body, and then I can tackle it."

—NEKEIA MCSWAIN

**CLEAN SOMETHING**

"When I'm feeling uninspired, there is nothing better to do than clean or organize. You feel like you get the juice flowing again. Whether it's cleaning your desk, cleaning your house, cleaning your laptop, cleaning your files out. Archiving your entire Instagram page.

Whatever. It now leaves room for the possibilities. Cleans out the gunk."

—LEWIS MILLER

**GET OUTSIDE**

"I get up and go into nature, walking my dog deep in the forest, or I go to the country. It's not, 'oh there's a leaf,' and that just inspired me to design something. It's that going there frees my mind, frees my spirit, opens me up, and recharges me to be creative."

—BYRON PEART

“My feeling is that everybody has some sort of creativity. Not always visual, but they've all got something creative, and I like to encourage that. I like to show what I do and how I work.”

—ANNIE SLOAN

If you could be any home furnishing, what would you be and why?



"I'd be a piece of beautiful handblown glassware or, to the complete opposite side, a very simple handmade ceramic mug. Something that people engage with physically and that provides the means for sustenance and sharing." —Patti Carpenter

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**DR. ANNIE VALUSKA**  
Purina Pet Behaviorist



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## IN PRAISE OF THE BRAIN DUMP

"When I first met my late mentor, Kimberly Ward, I used to wonder how she had all of these immense, very powerful ideas and what she would do with them. I asked her, 'How do you even arrange this stuff to know what to focus on first?' And she said, 'Oh it's easy. I brain-dump. When I'm thinking, I pull out my notepad and write it down. I might sub-bullet, but that's that.' It's not for you to dig into at that moment. It is for you to sit on. It is for you to pray on. It is for you to invest more of your subconscious info. We often are so hard on ourselves about not being able to birth an idea right there. We lose those million-dollar ideas because we feel the kinks should be ironed out, that it should be a blueprint from top to bottom. That's not how our brains work, how they're meant to operate. True creatives, in my opinion, need time to bake those thoughts." —NEKEIA MCSWAIN



"Well, that's easy. A Klismos chair, because it's really comfortable, it's really enveloping, and it has a fantastic history. Chairs for me have stories to tell." —Stacey Bewkes



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# BAKING: A Love Story

She's now best known for a famous royal wedding cake, but pastry chef *Claire Ptak* takes a decidedly homey turn in her newest cookbook, sharing recipes that lean into the seasons and the love that comes through in something baked at home.

Claire Ptak burst onto the global radar when she and her East London bakery, Violet, were tapped to create the cake for Prince Harry and Meghan Markle's 2018 wedding. If that's all you know of her, you might think her work is all about grand perfection. But "perfect" isn't her style.

"We bake for love.

Whether it's for ourselves, to show love for a child, friend, or partner, or to celebrate a rite of passage, there is no denying the incredible effect cakes can have," Claire explains in the introduction to her latest cookbook, *Love Is a Pink Cake*. (The title comes from a 1950s series of lithographs by Andy Warhol, one of her favorite artists.) "My main drive is to make things taste good. To me that means luscious strokes of buttercream instead of perfect fondant. When it's imperfect—like when your mother or grandmother or friend or lover makes it for you—it feels so much better than something that's perfect and out of a factory."

Her flavor-driven style is heavily influenced by her growing up in California and her stint as a pastry chef at Chez Panisse, the storied Berkeley restaurant often cited as the birthplace of California cuisine. A focus on local, seasonal ingredients and what she



## Roasted Plum and Brown Sugar Buttercream Cake

What happens when bakers have downtime? They play with new uses for familiar ingredients. "During lockdown, I was experimenting with using brown sugar in places where I normally wouldn't," says Claire, who was intrigued by the color and less-sweet flavor of this buttercream. Paired with a creamy mascarpone filling and jammy roasted plums, "it just feels perfect for the end of summer and early autumn."



→ This buttercream starts with a Swiss meringue technique—heating sugar and egg whites then whipping to stiff peaks before beating in butter. "It's satiny and so nice to ice with," Claire says.



**Peaches harvested** in late summer are most likely freestone varieties, which are firmer and slightly less juicy and easily release the flesh from the pit—all qualities that help the peaches maintain their shape and texture through preparation and baking.




calls “a Californian sensibility” are notions Claire brought with her when she moved to London in 2005 for love, and they define her recipes. “I go to the market to see what the farmers are growing and then decide what I will bake for my friends or put on the menu at the bakery,” she says.

Seasonality and sense of place also inform the structure of her new book, which is divided equally between recipes inspired by California and England, and then into sections by time of day or occasion. “I really think about baked goods in terms of when I want to eat them rather than what they are,” she says. A slab pie might accompany an afternoon catch-up with a friend, peach tarte Tatin is perfect for after a meal, and a roasted fruit-filled layer cake suits an early autumn party. As when the seasons change and summer drifts into fall, you might feel a little bittersweet as you lift the last slice from the plate, but know there will be other seasons and more cakes to keep the love alive.

After blanching, peeling, and pitting the peaches, Claire cuts them into quarters so they nestle into each other. The first layer rests in the caramel, cut side up; the second layer sits on top, curved side up, before being covered with pastry. Claire bakes the tart while guests are eating then turns it out tableside to serve.





→  
Claire infuses custard with fresh peach leaves to add the pleasantly bitter taste of green almonds. If you have a friend with a tree or access to a peach farm, try this at home, or you can use almond extract.

## Late Summer Peach Tarte Tatin with Peach Leaf Custard

"This is one of my most favorite recipes in the book," says Claire, who was inspired by a dessert at a friend's nearby restaurant.

French tarte Tatin is traditionally made with apples drenched in caramel and covered in puff pastry, but Claire was instantly obsessed with the peach version. "You might assume it would be too soft or not hold up, but it works perfectly, especially with late-season peaches," she says.



## Grape Slab Pie

"I taught myself most of my baking through cookbooks when I was growing up," Claire says. She first encountered the idea of a grape pie in a 1980s Martha Stewart baking book. Claire's version includes both Concord grapes and apples and reminds us of the most exquisite grown-up grape jelly pop tart. She notes that this pie does take some time to prepare, but "it will be so worth it to see the purple smiles of your very satisfied friends."







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LITHO IN USA



bake

## how to make Grape Slab Pie

This rustic slab pie isn't difficult to make, but Concord grapes have big seeds, so there's a bit of prep to get rid of them. Nothing compares to their flavor, says Claire, who also finds the process of pinching off the skins soothing and suggests listening to a podcast or getting your kids involved. (For more on Concord grapes, see page 174.)



### 1 HARVEST FILLING

To seed the grapes, pinch each one and squeeze the inner pulp out. Then cook the pulp until it starts to separate from the seeds, at which point you can push it through a sieve and discard the seeds. The grape skins go back into the mixture along with chopped apples for the gooey autumnal filling, above left.



### 2 RUSTIC EDGE

The beauty of a slab pie is that it doesn't require fancy pastry work. True to Claire's unfussy style, she simply folds the overlapping bottom pastry over the top and pinches to seal, left, making an edge that's even yet organic-looking. ■

**RECIPES BEGIN  
ON PAGE 170.**





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© 2023 Abbott 202314641/May 2023 LITHO IN USA







From his 2-acre garden in the English countryside, Monty Don and the *Gardeners' World* team broadcast garden advice and inspiration to a global audience in nearly three dozen episodes each year. His viewpoint is pretty simple: "It's all to do with the idea of manipulating the garden to look as natural as possible—but still under control."



# Digging Deeper

As the host of Britain's longest-running gardening program, *Monty Don* became something of an international sensation for viewers during lockdown. Far from being only about horticultural tips, the show tackles a wide range of life's most important topics—including what it means to be happy.

In the UK, *Gardeners' World* has been an institution since it first aired in 1968. The affable, knowledgeable Monty Don is the ringmaster of most of the episodes from his garden in Herefordshire, England, surrounded by hornbeam hedges and earnestly trailed by his beloved dogs, Nell, Ned, and Patti.

Each week from spring to fall, 33 times a year, he shares his latest garden projects—dividing overgrown perennials or layering tulip bulbs in pots—while introducing the show's various presenters, of which there are currently 10. Each one-hour episode takes viewers through a variety of gardens. One week it might be a scrappy sidewalk plot in London, an Elizabethan cloister in Wales, or the national collection of eryngiums in North Yorkshire. I recently sat down (over Zoom) with Monty—fresh from weeding his garden—who identifies as a self-taught gardener, even with a long television career and 12 books under his belt.

We discussed the rather surprising diversity of topics the show explores

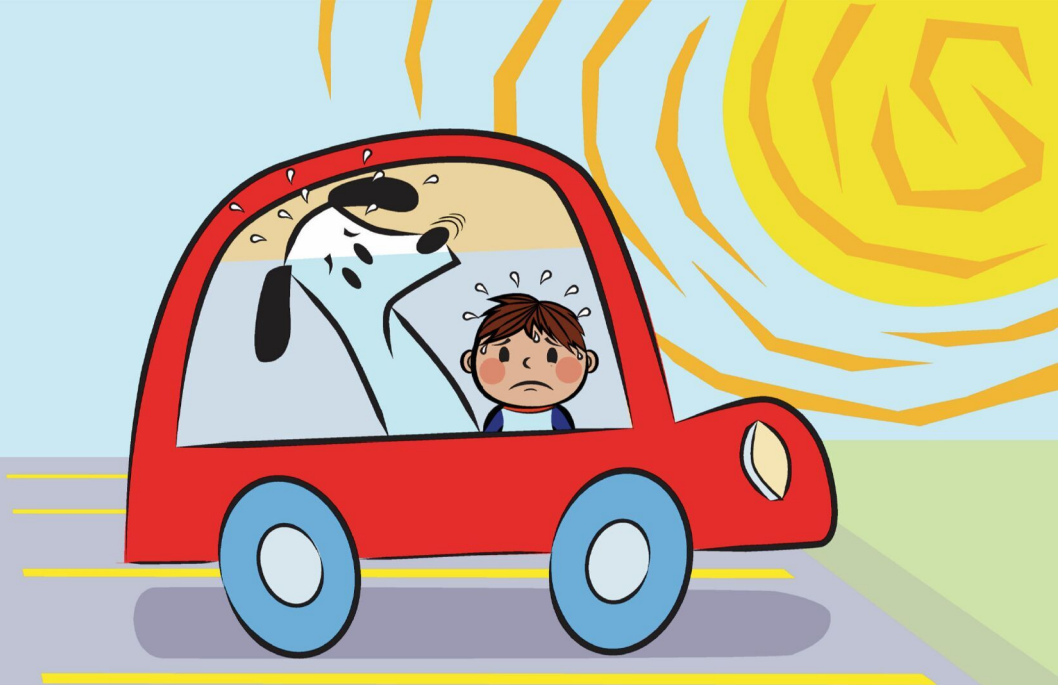
and, perhaps not unrelated, how it has retained its immense popularity over the past 50-plus years.

**Q** As a new viewer of *Gardeners' World*, I've noticed that the show often emphasizes themes that go beyond horticulture, such as sustainability and gardening for wildlife or mental health. I love these discussions and wonder if such topics have come to the forefront recently, or have they always been part of the show?

**A** Clearly, one of the main things that's changed over the last 20 years that I've been doing the show is the increased awareness of the environment, the awareness of climate change, and the awareness of working with nature rather than trying to control it all the time. Previously, gardening was strongly influenced by 20th-century

CONTINUED →





# **TOO HOT**

## **FOR SPOT AND TOT**

**When the weather's hot, don't leave  
kids or dogs in cars.**

Illustration: © Ken Curoe

***PETA***





Monty's property, with its 23 garden rooms of hedges, espaliers, and outbuildings, is both his laboratory and filming studio.



*"THE WHOLE IDEA  
OF A BRITISH  
GARDEN IS TO LET  
IT GO AS FAR AS  
POSSIBLE AND THEN  
JUST PULL IT BACK  
A LITTLE BIT."*

—MONTY DON

approaches where the manipulation of chemicals to control so-called pests was a key part of horticultural skills. And people like me who said, 'Well, we need to live with these things and use them to our benefit,' were regarded as either sort of left field or incompetent. That has changed. It's been a huge shift.

**Q** In what other ways do you think gardening has changed, especially considering the disruptions of the past several years?

**A** During the pandemic, millions of people were at home when they would not otherwise be. And in the UK, gardening is such a central thing. I mean, I've traveled the world, and there is no place where it is so deep in the national DNA. It doesn't matter if

you're a duchess or a dustman, we share that common ground without ever questioning it. For most people, it's something that is done either after work on summer evenings or during the weekend as an adjunct to the rest of your life. Suddenly, for the whole nation, if you had a garden, it was your lifesaver because you could be outside. We were all sort of shell-shocked and severely locked down. Gardens became the one piece of outdoor sanity we had. People started to notice things from nature that they might have missed before. For years, we've watched killer whales or snow leopards in BBC documentaries, but for the first time for many people, we noticed that the natural world is actually right on our doorstep. They weren't killer whales; they were goldfish in a pond. They weren't peregrine falcons or eagles; they were blackbirds and songbirds. And I think there was a great opening of awareness. People realized that the intimacy and the sort of domesticity provided by gardening were deeply enriching. People became aware of their gardens as a portal to the natural world.

**Q** During the lockdowns of 2020, you started airing videos of backyards that viewers recorded on their phones and submitted. I was struck by the authenticity of those segments and how heartwarming it is to see how your viewers treasure their gardens.

**A** We love them too. But I can assure you it was born out of a production panic. We wondered how we were ever going to fill up an hour's program. Because we were filming under such restricted quarantine circumstances, we asked viewers to send in homemade videos. As they started to come in, we realized we had something new on our hands. The films are very domestic, very human, very much micro stories. And the best ones are always personal. Yeah, some of them are filmed in a slightly clumsy way, but that makes them deeply personal. I've always said that the thing that defines a garden is the gardener. So all gardens are a human story.





As host of a majority of the episodes, Monty shares techniques like seed sowing, above, while finding time to nuzzle his dogs.



It's just an illness, and it's a difficult one, but it can be dealt with, and it can be treated. The whole Zeitgeist has changed. When I was young, mental illness of

any kind was shameful and humiliating. It was something you hid. But I don't think people hide it as much as they did before. Still, in Britain, we have a serious problem with it.

**Q** People like myself who love gardening look to England because, as you said earlier, you have a natural fixation on horticulture. I try to encourage people to see it's not always a low-maintenance garden that's needed, and that the maintenance—the act of gardening—is part of the fun. You allow a lot of wildness with the plantings. Please talk about the British style of gardening, which I'd define as a romantic combination of looseness and structure.

**A** There is a fundamental difference between the British and American relationships with the wild and the natural world. Ours is, as you know, a very small country with a very, very tame landscape. There is nowhere in Britain that isn't accessible. We don't have any true wilderness. You do. You have the Grand Canyon, you have the Rockies, you have the desert, you have the forest—the scale is so different. The British garden has a lot of nostalgia for the landscape of the countryside. Our idea of British countryside is a soft place of hedgerows or fields. It's an incredibly beautiful green, vibrant, soft place. It's heaven, you know, and that's what we try and re-create. The whole idea of a British garden is to let it go as far as possible and then just pull it back a little bit. So our herbaceous borders always feel like they're overspilling.

**Q** There's a lot of conversation in the garden press about encouraging wildlife of all sorts, including pollinators, frogs, and hedgehogs. Even if it's the No Mow May campaign on social media. I can see

**Q** Some of them really stayed with me. For instance, the 7-year-old boy who told us how much anxiety he had been dealing with the past couple of years and how happy he was to share his backyard, especially his patch of elephant garlic. I had tears in my eyes watching it.

**A** Agreed. My editor said to me, 'You have to watch this one. If it doesn't move you, something's wrong.' I mean, one of the things that has helped move this topic into the show is that I've suffered personally from depression all my adult life. I've written about it and talked about it, not because I want to—because, you know, I'm British, I'm reticent, I have all kinds of inhibition—but because whenever I have done, clearly, it's helped people. And that has freed things up so that I can say I, too, suffer from these things.



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it's a big emphasis on your show as well. What are your thoughts about the development of gardening with wildlife in mind?

▲ A garden is manipulated; it's managed; it's planted; it's created. But like a doctor, first thing is—do no harm. Encourage birds; encourage mammals and insects. I think we all know, partly through climate change, partly through our whole relationship with the natural world, that we must let it in, but I don't think you can take mankind completely out of the gardening equation.

**Q** You have an amazingly filmable garden with many separate garden rooms in it; each one functions almost like a set. How did that develop, and what brings you joy—and what are the pain points—in your garden?

▲ It's no accident. We've created 23 different garden spaces in just over 2 acres. We're always looking for more content. I've subdivided the garden into various spaces for filming, and it's a lot of work to keep up with. I have two full-time people working with me, and I spend a lot of time gardening, my son spends a lot of time, my wife spends a lot of time, and it's incredibly labor-intensive. And that's to feed the beast—33 hours of television every year and my books. Recently, our garden experience has been one of climate change and extremes.

Last summer, it was up to over 40 degrees [104°F]. Hot and dry, very dry. We were in a drought, while normally this is a very wet part of the country. Then in December, it went down to minus 15 [5°F].

**"WE ALL  
MAKE MISTAKES;  
WE ARE ALL  
LEARNING. LET'S  
SHARE THAT.  
THAT'S HOW  
YOU LEARN."**

—MONTY DON

Those are big extremes for plants. Britain is an island experiencing continental weather, which makes these extremes on either end. And that's absolutely new.

The second problem is that now that we are having warmer winters, we're getting many more fungal problems. The luxury we've had of growing a wide range of tender plants is over—I think we're going to have to adapt. For example, I'm not going to store tender perennials such as my salvias, cannas, bananas, and gingers over the winter anymore. I will plant them out and leave them in the ground to overwinter. If they die, they die. We all make mistakes; we are all learning. Let's share that. That's how you learn.

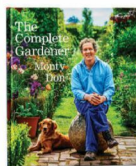
In terms of what I like, the positives: I recently came back exhausted from Chelsea [the Royal Horticultural Society's Chelsea Flower Show], so I spent the whole day on my own in the garden. And I potted; I reorganized things. I spent an hour or so pinching the tomatoes. I staked. That's what I love doing in the garden, nothing glamorous. All the minutiae of gardening make me very happy indeed. I love tackling new projects, and that's fun and great. But in the end, it's the process.

I always say to think of a garden like a river, and you're standing on the bank with the waters constantly moving. It's never the same water. Gardening is a similar constant process of doing the same thing, but each time it's different. I find that meditative, comforting, and never boring. So the big glamour stuff, creating a new garden or planting trophy plants—I'm a sucker for that like everyone else—but it's not what it's about. With gardening, it's really all in the doing. ■

Gardeners' World can be streamed in the U.S. with a BritBox subscription: [britbox.com](http://britbox.com) or through Amazon Prime.

## A Gardener's Bookshelf

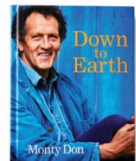
Some of our favorite Monty Don titles.



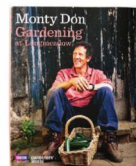
**THE COMPLETE GARDENER: A PRACTICAL, IMAGINATIVE GUIDE TO EVERY ASPECT OF GARDENING** (DK, 2021)



**AMERICAN GARDENS** (Prestel, 2020)



**DOWN TO EARTH: GARDENING WISDOM** (DK, 2019)



**GARDENING AT LONGMEADOW** (BBC Books, 2012)



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## The Joy of Cooking

Chef and TV host **Sophia Roe** creates vibrant, flavorful dishes that go against the norm and embrace the fun.

If your kitchen life feels a little lackluster, Sophia Roe, host of Vice TV's *Counter Space*, is here to encourage you to play with your food. A scroll through her Instagram feed reveals that this James Beard Award winner and rising star of the food

world stirs a big dash of whimsy and joy into her recipes. "I'm a disco punk kid at heart, and I kind of want my food to feel like that too," she says. Take inspiration from a few of her signature moves.

“What informs my food is fantasy. There’s a lot of dreaminess because, why not?”  
—SOPHIA ROE



### STANDOUT FLAVORS

Sophia's all about that "little something extra" to add flavor to a dish. She infuses cinnamon rolls with ginger tea and tops them with a black sesame and turmeric glaze, above. She's apt to include a little miso in the mix for her peanut brittle or caramel popcorn. But she says she's a chef first and makes sure the base recipe is exceptional before changing things up. "I might have this idea to do something really wild, but I have to nail it 'pre-wild' first."



### TECHNICOLOR HUES

Sophia is known for her exuberant fashion sense, and her vibrant palette crosses over from closet to kitchen. She uses fresh botanicals and produce to turn up the color in recipes, like herb-green

biscuits, and her poached pears, below left, are electric purple thanks to butterfly pea flower powder. She uses a lot of purple. "Purple is a disco color," she says, noting that her style icon Donna Summer wore a lot of it. "It's a powerful color to me, so I like to incorporate that into my cooking."



### PLAYFUL SHAPES

Sophia asks, "If you are going to make pretzels, why make them how all pretzels look if you can make them in the shape of a bow [above]? Why go for a regular donut when you can cut it to look like a sunflower?" Such are the thoughts that drive her. "I'm always trying to go outside of what is normal," she says, expressing her desire for everyone to find that sort of creativity. "I want food to feel like an adventure." ■

**MORE FROM SOPHIA**  
*Apartment Miso, Sophia's Brooklyn-based culinary studio, is releasing a magazine later this year; get updates via Instagram @sophia.roe.*



CAN A SANDWICH  
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TASTE BUDS QUAKE  
WITH YEARNING?



OH, **HILL** YEAH.™



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## Taco Crescent Ring

Prep  
20 min

Total  
40 min

Servings  
8

### Ingredients

- 1 lb ground beef
- 1 package (1 oz) Old El Paso™ Taco Seasoning Mix
- 1/2 cup water
- 1 cup shredded cheddar cheese (4 oz)
- 2 cans (8 oz) refrigerated Pillsbury™ Original Crescent Rolls (8 Count)

Shredded lettuce, chopped tomatoes, sliced ripe olives, taco sauce or salsa, as desired



- 1 Heat oven to 375°F. In 10-inch nonstick skillet, cook beef until no longer pink. Add 1 packet of Old El Paso™ Taco Seasoning and 1/2 cup water. Simmer 3 to 4 minutes or until slightly thickened. In medium bowl, mix beef mixture and cheese.
- 2 Unroll both cans of dough; separate into 16 triangles. On ungreased large cookie sheet, arrange triangles in ring so short sides of triangles form a 5-inch circle in center. Dough will overlap. Dough ring should look like the sun.
- 3 Spoon beef mixture on the half of each triangle closest to center of ring.
- 4 Bring each dough triangle up over filling, tucking dough under bottom layer of dough to secure it. Repeat around ring until entire filling is enclosed (some filling might show a little).

- 5 Bake 20 to 25 minutes or until dough is golden brown and thoroughly baked. Cool 5 to 10 minutes before cutting into serving slices.



cook

## Jamie's Dinner in One

In his latest book, *One: Simple One-Pan Wonders*, celebrity chef Jamie Oliver keeps effort to a minimum but splurges on flavor.

Jamie Oliver had us from the first sentence of his introduction, where he declares that “this book... is dedicated to the art of minimal washing up.” Who doesn’t love a quick dinner and an even easier cleanup? Jamie certainly delivers on that promise, and the strategies he uses to make everything that comes out of the pan especially delicious are just as appealing.

### 1 FLAVOR SHORTCUTS

Eight That’s the average number of ingredients for recipes in this book. Every item works hard to impart flavor, add texture, or act as sauce. Strong-flavor condiments easily found in supermarkets are among Jamie’s secret weapons. “I use a lot of condiments in this book, like mango chutney, curry pastes, teriyaki sauce, miso, and pesto,” he says. “They guarantee flavor and save hours of time in preparation.” Smoked meats and robust cheeses



also season with a punch. His most genius ingredient trick to add more sauciness to a dish? Canned beans with their liquid.

### 2 THE FRESH PASTA FIX

Dried pasta is an obvious pantry staple, but Jamie makes the case for fresh lasagna sheets (from the grocery refrigerated aisle) as an easy dinner game changer. They can be cut into any shape you like (thin strips, fat ribbons, little squares, festive stars). And they cook in just a few minutes, right in the pan where you’re building the sauce. His book features 14 frying pan pasta recipes that come together, start to finish, in 16 minutes or less. Using fresh and frozen or jarred ingredients, Jamie delivers combos like butternut squash, cheddar cheese, and chickpeas, and asparagus, edamame, and peas with mint and feta.

### 3 BATCH COOKING, LEVELED UP

Cooking one large recipe that will serve multiple meals is a solid strategy. Jamie elevates the big-batch idea by taking something like a sweet potato chili or oven pulled pork and offering four or six distinctive new dishes (chili blitzed into a smooth soup and pulled pork tossed with peanuts and noodles in a lettuce cup, respectively). These aren’t leftovers; they’re “planned overs.” ■



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How to switch up taco night



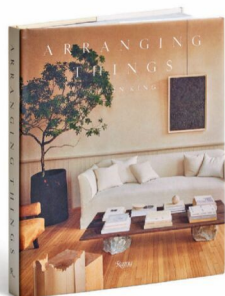
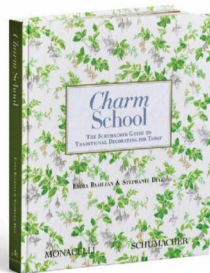
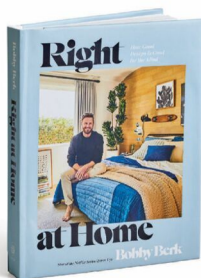
**Fill. Roll. Bake.**



**Taco Crescent Ring**

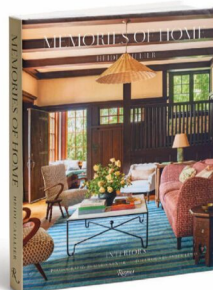
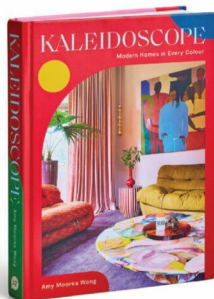
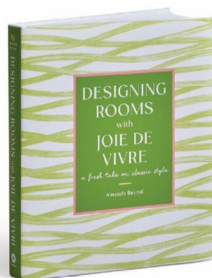
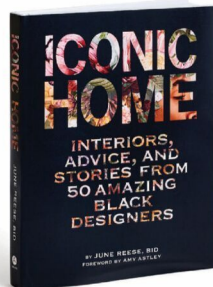
Find this recipe and more at [pillsbury.com](https://pillsbury.com)





# Reading the Room

Poring over eight of  
the best new decorating books,  
we found these 16 great  
ideas we're excited to steal  
(and share with you).





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*Martha  
Stewart*

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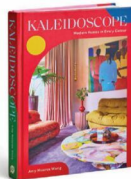
[skechers.com](https://www.skechers.com)





"FOR ME, INTERIORS HAVE ALWAYS BEEN ABOUT SELF-EXPRESSION AND CREATIVITY—THE PLACE WHERE WE LIVE OFFERING A BLANK CANVAS, A CHANCE TO DO SOMETHING INTERESTING AND REFLECT WHO WE ARE."

AMY MOOREA WONG, author



### *Compilation of Color* **KALEIDOSCOPE**

Interior design journalist and consultant Amy Moorea Wong showcases 20 homes to demonstrate how to add color in a way that's sophisticated yet accessible.

#### **1** **VARY SHADES OF COLOR**

Mixing darker and lighter shades of the same color family unites a room without looking too matchy. It lets you introduce a fun color like purple without it being overwhelming. In this room designed by Nicole Dohmen, the pale pink table feels like a neutral that anchors the space.

#### **2** **BALANCE LINES AND CURVES**

A room with all angles can be too rigid, while nothing but rounded shapes can be too soft. The oval table, arched dining chairs, and orbs in the chandelier balance the long lines of the drapes, windows, and ceiling panels.

*Kaleidoscope* by Amy Moorea Wong, \$50; [hardiegrant.com](http://hardiegrant.com)

*CONTINUED* ➔



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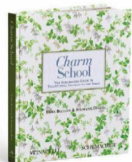


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## Grandmillennial Style **CHARM SCHOOL**

Celebrating the timelessness of traditional styles, this guide from experts at Schumacher, the iconic fabric company founded in 1889, shows you how to make chintz, toile, and needlepoint look totally fresh today.

### 3 LET PATTERN BE THE MAIN EVENT

Wrapping a room in botanical paper doesn't have to overwhelm, especially if the background is neutral and the pattern delicate. It can be cozy and enveloping, as it is above, lending old-world chic to this living room by Ashley Whittaker. The solid-color sofas are grounding, as is the light rug; a butterfly design on pillows and the ottoman adds playfulness.

### 4 OR PUT IT IN UNEXPECTED PLACES

In designer Ariel Okin's foyer, right, a scallop-edge runner, checkerboard bench seat, and floral lampshades add visual texture and a bit of whimsy to the traditional millwork and striped wallpaper. Natural elements (here, various kinds of rattan and straw) help keep things from getting too formal.

*Charm School* by Emma Bazilian and Stephanie Diaz, \$55; [phaidon.com](http://phaidon.com)





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Colin King left the windows intentionally bare to highlight their architectural details. The view acts almost like framed artwork, so wall art is used sparingly to add personality without grabbing too much attention.



## Moody and Modern *ARRANGING THINGS*

Colin King, stylist, designer, and Beni Rugs artistic director at large, shows how to use color, texture, and scale to put together a knockout room.

5

### COMMIT TO A COLOR

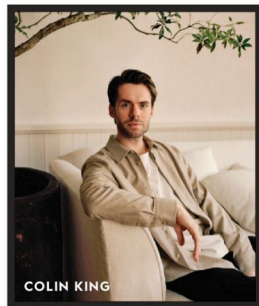
For his own loft in NYC's Tribeca, King used a palette of beige, cream, and pale wood tones. To get just the right shade, he had a custom color created (this can be done at most hardware or paint stores). Having elements of nearly the same value allowed him to mix curvy and straight shapes and traditional with modern objects—and still have it all feel cohesive.

6

### GET DOWN LOW

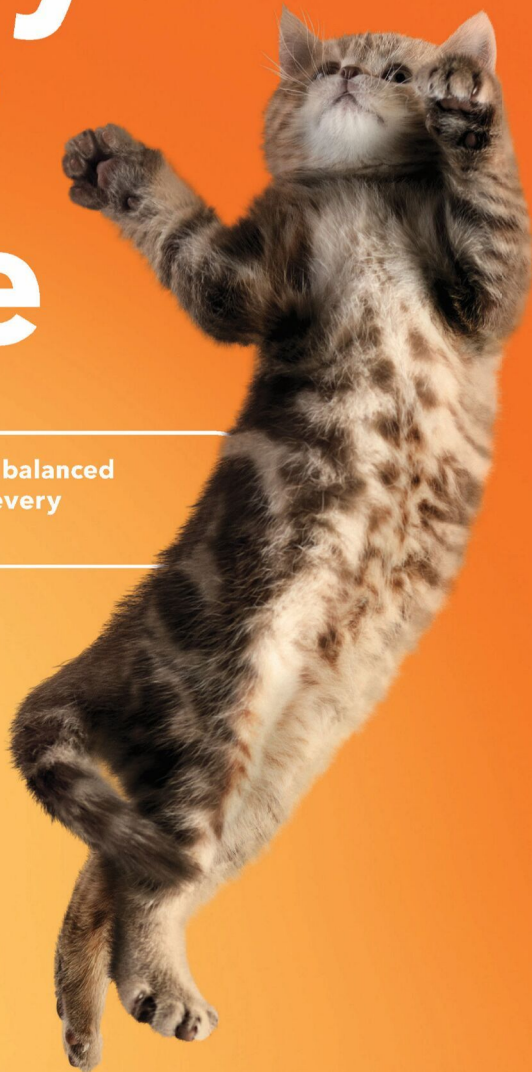
Keeping everything closer to the floor can accomplish several things. It makes a smaller room feel larger and doesn't block windows for maximum light and airiness. It also brings a low-key and relaxed, somewhat slouchy mood, no matter how formal the space.

~~~~~  
Arranging Things
by Colin King, \$50;
rizzoliusa.com



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IAMS FOR LIFE

Design like Dabito: Start with the old. What's the history of this space? What needs to stay and go? Then determine the brand. What's the style you're going for? Last, focus on the new. Develop a plan to make the space more beautiful and functional, and—most important—feel more like you.



Relaxed Maximalism **OLD BRAND NEW**

All-around decor maestro Dabito uses highly personal anecdotes about how he finds solace in his own creativity to help you unleash yours.

7 MIX MATERIALS

One of Dabito's strengths is mixing disparate elements to create spaces with big personality. Start with plain pieces (here, the cabinetry), make some medium-impact additions (the deep green island, wood floors, and rattan stools), then add wow moments like the tile and wallpaper.

8 CREATE DEPTH WITH COLOR

Repeating a rich hue, such as the emerald green here in the foreground (island) and background (backsplash tile), makes the room seem deeper. It also unifies the two elements and makes each swath of color feel less jarring.

~~~~~  
Old Brand New by Dabito, \$35; [penguinrandomhouse.com](https://penguinrandomhouse.com)





# CHANGE OF SEASON CALLS FOR A CHANGE OF SCENERY.

VACATION

REAL

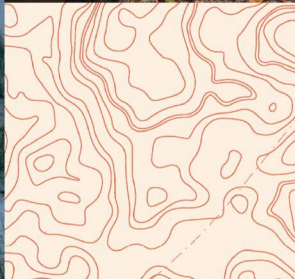
A

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"CLASSIC PIECES CAN BE ON TREND WITHOUT BEING TRENDY. THE BEST PART IS THAT EVEN IF A CLASSIC WANES IN POPULARITY, IT WILL STILL MINGLE BEAUTIFULLY IN YOUR HOME. WITH A LITTLE IMAGINATION, CREATIVITY, AND AN OPEN MIND, A CLASSIC IS ALWAYS RIGHT."

AMANDA REYNAL, author and interior designer



*Colorful and Classic*  
**DESIGNING  
ROOMS  
WITH JOIE  
DE VIVRE**

Interior designer and  
decor shop owner  
Amanda Reynal breaks  
down the art of mixing  
elegant and playful.

9

**HIT THE  
MUTE BUTTON**

Using subtle patterns  
lets you layer without  
clashing—while  
having a lot of fun.  
Too many small prints  
can look busy,  
so mix scale, as here  
with a large floral  
on the sofa, a medium  
geometric in the  
rug, and a small check  
on throw pillows.

10

**BE FABULOUSLY  
PRACTICAL**

Don't let the fact that  
it's an outdoor room  
throw you. Lots  
of materials can stand  
up to the elements.

Look for fabrics  
made from solution-  
dyed acrylic (they repel  
liquids and stains)  
and rugs that can be  
hosed off and  
sun-dried or put in the  
washing machine.

*Designing Rooms with  
Joie de Vivre* by  
Amanda Reynal, \$40;  
abramsbooks.com





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HEIDI CAILLIER, author and interior designer



## *Elegantly Eclectic* **MEMORIES OF HOME**

Self-taught designer Heidi Caillier illustrates her spirited style and penchant for creating spaces that are timeless and unique.

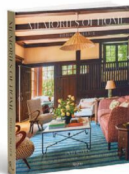
### **11 NOD TO THE FAMILIAR**

In this bathroom, lilac Moroccan zellige tiles with irregular surfaces and black trim are an update to the retro, allover-pink-tile bathroom. Tiles on the lower half of the room suggest somewhere far away and out of the ordinary. Wrapping a room in a pattern like this one makes it feel special rather than like an afterthought.

### **12 ADD CHARACTER**

A classic vanity made from dark-stained wood and contrasting marble, instead of an all-white model, brings gravitas to the space. Similarly, the ornate, unusually shaped mirror is a bit surprising and exciting.

*Memories of Home*  
by Heidi Caillier, \$60;  
[rizzoliusa.com](http://rizzoliusa.com)





# WITH DUPIXENT, I'M STAYING AHEAD OF MY ECZEMA

Help heal your skin from within, with DUPIXENT, a breakthrough eczema treatment. DUPIXENT helps block a key source of inflammation inside the body that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Available for children 6 months of age and older.

HELP  
HEAL  
YOUR  
SKIN  
FROM  
WITHIN\*

- Fast itch relief\*
- Clearer skin that lasts\*\*
- Not a steroid or immunosuppressant

\*At 2 weeks, 18% of adults on DUPIXENT + topical corticosteroids (TCS) had less itch vs 8% on TCS only.

\*\*At 16 weeks, 39% of adults on DUPIXENT + TCS saw clear or almost clear skin vs 12% on TCS only. 22% saw clear or almost clear skin at 16 and 52 weeks vs 7%, respectively.

**MOSETTA**  
FITNESS ENTHUSIAST & ACTUAL PATIENT  
Individual results may vary.

**DUPIXENT**   
(dupilumab) Injection  
200mg • 300mg

TALK TO YOUR ECZEMA SPECIALIST & LEARN MORE AT [DUPIXENT.COM](https://www.dupixent.com)

Today's a good day to find out if DUPIXENT, a biologic, could be right for you.

## INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 6 months of age and older with moderate-to-severe eczema (atopic dermatitis or AD) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 months of age.

## IMPORTANT SAFETY INFORMATION

**Do not use** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT\*.

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:** have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**Especially tell your healthcare provider if you** are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

**DUPIXENT can cause serious side effects, including:**

**Allergic reactions.** DUPIXENT can cause allergic reactions that can sometimes be severe. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.

**Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.

**Joint aches and pain.** Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects in patients with eczema include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and high count of a certain white blood cell (eosinophilia).

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](https://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not try** to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children 6 months to less than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

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DU22.09.0261

**YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.\* CALL 1-844-DUPIXENT (1-844-387-4936)**

\*THIS IS NOT INSURANCE. Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of \$13,000. Additional terms and conditions apply.



**Brief Summary of Important Patient Information about DUPIXENT® (dupilumab)  
(DU-pix'-ent)  
injection, for subcutaneous use**

**Rx Only**

**What is DUPIXENT?**

- DUPIXENT is a prescription medicine used:
  - to treat adults and children 6 months of age and older with moderate-to-severe eczema (atopic dermatitis or AD) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 months of age.

**Who should not use DUPIXENT?**

**Do not use DUPIXENT** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

**What should I tell my healthcare provider before using DUPIXENT?  
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems.
- have a parasitic (helminth) infection.
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.

- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**Especially tell your healthcare provider if you:**

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

**Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

**How should I use DUPIXENT?**

- **See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**

- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
  - The DUPIXENT pre-filled pen is only for use in adults and children 2 years of age and older.
  - The DUPIXENT pre-filled syringe is for use in adults and children 6 months of age and older.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be given by or under supervision of an adult. In children 6 months to less than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose,

then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.

- If you inject too much DUPIXENT (overdose), get medical help or contact a Poison Center expert right away at 1-800-222-1222.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

**What are the possible side effects of DUPIXENT?**

**DUPIXENT can cause serious side effects, including:**

- **Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- **Joint aches and pain.** Joint aches and pain can happen in people who use DUPIXENT. Some people have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

**The most common side effects of DUPIXENT in patients with eczema include:** injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and high count of a certain white blood cell (eosinophilia).

The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**How should I store DUPIXENT?**

- Store DUPIXENT in the refrigerator at 36°F to 46°F (2°C to 8°C).
- Store DUPIXENT in the original carton to protect from light.
- DUPIXENT can be stored at room temperature up to 77°F (25°C) up to 14 days. Throw away (dispose of) any DUPIXENT that has been left at room temperature for longer than 14 days.
- **Do not** heat or put DUPIXENT into direct sunlight.
- **Do not** freeze. **Do not** shake.

**Keep DUPIXENT and all medicines out of the reach of children.**

**General information about the safe and effective use of DUPIXENT.**

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to [www.DUPIXENT.com](http://www.DUPIXENT.com) or call 1-844-DUPIXENT (1-844-387-4936)

**What are the ingredients in DUPIXENT?**

**Active ingredient:** dupilumab

**Inactive ingredients:** L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

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Issue Date: November 2022

DUP22.10.0061





## Designer Roundup *ICONIC HOME*

This celebration of projects, stories, and advice from 50 Black interior designers is curated by June Reese, vice president of Black Interior Designers Inc.

### 13

#### USE THE COUCH AS AN ANCHOR

Even in a confident color like orange, a giant sectional can have a grounding effect, drawing you in without overpowering. You can then play with solid and patterned accessories for interest, as designer Justina Blakeney did in her living room, *right*. Throw pillows and a printed ottoman supply pattern; the textured rug is another solid but one with dimension.

### 14

#### PLAY WITH SHELVES

Stack books flat to act as pedestals for objects. Add in favorite keepsakes of varying heights, separating heavier items for balance. Break up horizontal lines with cascading plants.

*Iconic Home*  
by June Reese, \$50;  
abrambooks.com



"EACH DESIGNER IN THE BOOK SHARES THEIR WISDOM AND THE DESIGN PROCESS THEY USE TO PRODUCE BEAUTIFUL INTERIORS. I HOPE THAT YOU CAN USE THEIR KNOWLEDGE IN YOUR OWN HOME TO CREATE SPACES THAT FOSTER WELLNESS."

JUNE REESE, author





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## books

### Youthful Modern **RIGHT AT HOME**

Bobby Berk, a star of Netflix's *Queer Eye*, helps you find your style. (The secret: It's basically anything that makes you happy.)

#### 15 TAKE NOTES FROM THE OUTDOORS

When a window has a view of nature, pull those elements in. Brady Tolbert, creative director at Bobby Berk, uses an assortment of woods in this office. The pale tones of the desk, step stool, and decorative chain are coupled with deep cherry hues in the chair, ceiling, and wall, acting like a color.

#### 16 MAKE IT PERSONAL

Turn the wall itself into an ever-changing inspiration board: Tape up pictures, fabric swatches, dried flowers, or anything else you love. To keep it neat, make an outline on the wall with removable painters tape, add your inspo inside the lines, then remove the tape, and voilà!

*Right at Home*  
by Bobby Berk,  
\$35; penguin  
randomhouse.com ■



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"SO MUCH OF WHAT I COVER  
IN THIS BOOK REQUIRES  
LITTLE TO NO MONEY BECAUSE,  
LIKE HAPPINESS, GOOD  
DESIGN DOESN'T COME FROM  
MAKING HUGE PURCHASES."

BOBBY BERK,  
author and interior designer



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AMERICA'S  
FOUR-LEGGED  
HEROES  
*Since 1926*



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COMPLETE NUTRITION  
*High*  
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#### FAMILY DINNER

Textures and temperatures in a traditional Iranian meal complement each other. Fesenjan, a rich walnut and meat stew (often made with chicken, but Homa Dashtaki's family uses beef meatballs), is accompanied by crispy rice, herbs for freshness, and yogurt and feta for tangy contrast.

# The Iranian TABLE

In her new cookbook, *Yogurt & Whey*, Homa Dashtaki (founder of The White Moustache yogurt company) shares the savory side of yogurt and nostalgic recipes from her family's heritage.



# TACO TUESDAY TOGETHER



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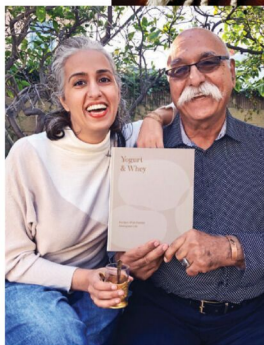
Each glass jar from The White Moustache contains a few precious ounces of traditionally fermented yogurt. Some feature sour cherries, dates, or orange blossom honey, but the velvety yogurt—which takes Homa Dashtaki and her team three days to make—is the star.

Compared to big brands, hers is a charmingly artisan process. She makes fifteen 80-gallon batches weekly and has a list of stores waiting to carry the yogurt.

She started the company in Brooklyn in 2011 with her father, Goshtash, naming it after his distinctive facial hair, but their connection to yogurt-making goes back much further.

In *Yogurt & Whey*, Homa shares her family's yogurt recipe and more than a hundred ideas for how to use yogurt and whey, the tangy, probiotic liquid gold that remains when fresh yogurt is strained. Among the most personal are those dishes she shared with her family growing up in Iran.

In these meals, yogurt appears in a savory context as a cooling sauce to eat abundantly with meat dishes, fresh herbs, and tah-diq (crispy, golden rice). Preparing fesenjan, a celebratory stew her family always ate on her sister's birthday, is a process that requires a similar exercise in patience as that of making yogurt. "It takes hours to cook," she says. "You want to speed up the process, but there's no way around it. You just have to let it take its time."



#### TAH-DIQ (PERSIAN RICE)

The crispy layer that forms on the pot bottom (*tah* means "bottom," and *dqiq* means "pot") is the most coveted part of this beloved dish.



#### SABZI KHORDAN (FRESH HERBS)

Meals are traditionally served with a communal platter of leafy herbs, radishes, scallions, and feta that everyone shares, alternating bites of stew, yogurt, herbs, and rice. "You're cleansing your palate, but you're also rounding out the flavors," Homa says. ■



#### POMEGRANATE MOLASSES

Made by slowly reducing pomegranate juice, this molasses makes a beguiling backbone for a meaty stew. It's available bottled at Middle Eastern markets.

#### MAAST-O-MOOSIR

An essential condiment at the Iranian table, this savory yogurt sauce is flavored with moosir, an ingredient with a name "lost in translation," Homa says. Moosir is often sold labeled as shallot but actually is the sliced, dried bulb of a wild relative of grape hyacinth. (See page 177 for more information.)

RECIPES  
BEGIN ON  
PAGE 176.





*I wish to be  
a princess*

**Khushi, 9**  
cancer

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MAKES A WISH.**

***you***  
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# Style BOOST

Want to decorate like a stylistmaker? These standout pieces from the *BHG collection at Walmart* make it easy to upgrade your space.

1 A modern, airy silhouette works in small or large spaces.

6 Lights Chandelier in Burnished Brass, \$177

2 The slim frame is light on its feet but big on storage. **Springwood Caning Storage Cabinet**, \$277

3 Burning is optional. **Bubble Pillar Candles**, \$10 each

4 Generously sized, it works as a plant holder or for storing blankets. **Claren Woven Baskets**, \$23 (12" diameter)

5 The **BHG Stackable Recycled Glasses** look great on an open shelf and a table. Short, \$10 for 4; tall, \$20 for 8

6 It's all in the details, like tassels and embroidered flowers.

**Block Print Floral Throw Pillow**, \$19

7 **Sage Multi Jute Rug** by Dave & Jenny Marrs, from \$119 for 5-7'

8 **Springwood Dining Bench**, \$122

9 Microwave and dishwasher safe.

**Abbott Stoneware Dinner Bowl**, \$5 each



To buy, scan this code or go to [BHG.com/walmart](https://www.bhg.com/walmart).



→ A Persian-style pattern woven into this jute rug offers two favorite rug trends in one.

The cushion comes off for easy cleaning. Faux leather straps hold it in place.







# At Home with PETS

Celebrity interior designer and dog mom *Brigitte Romanek* shares her top tips for decorating with pets in mind—so you can live in style with less stress.

A white sofa might seem foolhardy for a house with pets—the potential stains! The hair! But Brigitte Romanek, whose star-studded client list includes Gwyneth Paltrow, Beyoncé, and Demi Moore, swears that with a realistic attitude and smart material choices, even a white sofa can be feasible.

“Designing with pets is all about the dance of being able to live comfortably in your home without being too worried all the time,” she says. It’s important to think about your decorating choices with these factors in mind: How much are you willing to train your pets (not to chew the rug fringe, for example)? How attached are you to the things you put in

Get Comfy  
Designer Brigitte Romanek is a dogs-on-the-sofa person. “Rufus and Roxy (shown) are great cuddlers,” she says. The patterned seat helps hide dog hair.

your home? And how easily can you clean or replace them if they get damaged? Here are some of Brigitte’s strategies for decorating homes with pets.

## ● Pet Behavior

Your furry friend’s personality and how you like to live with your pets at home should inform the way you decorate. If you want to snuggle up on the sofa with your dog, you need tougher fabrics. If you take regular nature walks and Fido tends to track in dirt, easy-to-clean floor surfaces are critical. If pets see throw pillows as their own personal chew toys, a tight-back sofa with no loose cushions will be easier to live with.

## ● Furniture and Fabrics

When choosing upholstery keep in mind durability, cleanability, and how much pet hair

will show up. One obvious strategy is to pick furnishings in a shade that doesn’t contrast with your pet’s hair. “If you have a light husky, you might not want to have a room that’s all black material,” Brigitte notes. She also suggests using patterned fabric for upholstery because it will camouflage fur.

When it comes to durability and stains, it’s less about color and more about materials. Outdoor or performance fabrics offer the toughest wear and easiest cleaning. Brigitte also likes to have upholstery sprayed and sealed with a fabric protector. Slipcovers are another smart choice, she says, especially now that there are more



**LIVABLE LUXE**  
Step inside Brigitte’s spaces in her upcoming book (available October 10). \$45; [chroniclebooks.com](http://chroniclebooks.com)



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*decorate*

“

If you don't want to worry too much, be conscious of all the materials you're choosing and create a well-thought-out plan.”

—BRIGETTE ROMANEK



well-tailored designs on the market (her favorites are from [sixpenny.com](http://sixpenny.com)). “It's very helpful because you can take them off and wash them, and that's never a bad thing,” she says.

### ● Rugs

Whatever you put on your floor has to sustain foot and paw traffic as well as the occasional pet mess, so wear,

tear, and cleaning are the big issues here. Materials to avoid? Natural fibers such as jute and sisal. Not only are they absorbent and hard to clean thoroughly, but some pets are actually attracted to the fiber's scent as a potty spot. Instead, choose a synthetic fiber or cotton or wool, which are

also natural but easier to clean.

### ● Dedicated Pet Zones

Depending on the animal, if you can create play spaces just for them (a cat tower, for example), it can help keep them from destroying your furniture, Brigitte says. She's also a big fan of adding a dog shower to a laundry or mudroom when possible. ■

### ↑ Tips in Action

For this project, Brigitte chose a sofa in performance fabrics and a rug in gray-beige that matches the client's dog's fur and hides stains. The tree planter is tall enough to keep curious pups away from the dirt and leaves.

PHOTO: DOUGLAS FRIEDMAN





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Actress and talk show host Drew Barrymore is also an entrepreneur on a quest to bring beauty to the home through her latest line for Walmart. She gathers inspiration from swatches, imagery, and social media. "I don't know where I'd be on this planet without Pinterest," she says.

# Designing DREW

After a lifetime spent playing other people, *Drew Barrymore* has created a new career—and a home line—based on being herself.

PHOTOGRAPHER'S AGENT:  
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photos  
JUSTIN COIT  
prop styling  
ERIN SWIFT  
produced by  
JESSICA THOMAS



# Drew Barrymore can pinpoint the very moment she became “totally obsessed.”

by her own admission, with home design. It was 2001, and she was sitting on the floor of the wood-paneled living room of her Montecito, CA, house, staring at the lone object in the space: a deeply uninspiring metal desk. Earlier that year, she'd lost most of her possessions—which, she says, included a sizable record collection but very little furniture—in a fire at her previous place in Los Angeles. For months, she'd been camping out in her new abode with next to nothing. “It was bare walls, bare floors. I didn't have a can opener. I didn't have a bedsheet,” she says. “That day, I looked around my empty

living room and thought, *OK, this is getting really depressing. I have to get to become a homemaker.*”

And boy, has she ever. After spending nearly 20 years wallpapering, painting, and furnishing her West Coast home to eclectically layered perfection, Drew now lives in a sunny, art-filled apartment in Manhattan with her two daughters, Olive, 10, and Frankie, 9—plus four cats, two dogs, and an occasionally free-ranging bearded dragon lizard named Jeremy. The family relocated to be closer to the girls' grandparents and cousins. Their father, Drew's ex-husband Will

Kopelman, is a native New Yorker.

Housed in a gracious prewar building on the Upper East Side, the three-bedroom space feels equally homey and quirky, charming and charismatic—very much like the actress-turned-talk-show host herself. In the foyer, for example, not only were the floor-to-ceiling bookshelves

painted white but so were the actual books, which are interspersed with a collection of vintage Greco-Roman-style busts that Drew collected on frequent scrolls through eBay, Chairish, and Etsy. In the living room, where oversize windows overlook a courtyard garden, the fireplace mantel is topped with a dried flower installation highlighted by a giant foraged wasp nest. “It came from a photo shoot, and afterward I was, like, ‘Do not remove that. I'm keeping it!’” she says. And in her bedroom, where the bed is swathed in chic gray fabric and the floor covered in plush, pale carpet, she's hidden the large television behind a hippie-fabulous macramé wall hanging.

Drew's watchwords in designing her home were “disarming and relaxing.” As she makes clear on TikTok—where she posts before-and-after cleaning videos of her apartment in a chaotic, messy state any busy parent of young children can relate to—she has zero interest in broadcasting an aura of perfection. “When people come in here, I want them to feel like they can put their feet up and never leave—no uptightness and no fancy sofas,” she says. Indeed, hers come from an outlet store; she removes the back cushions and piles them with what she calls “big, fluffy, yummy” pillows for a personal look. The rug, meanwhile, is shaggy, white, and Moroccan-style. “The kids will probably ruin it soon,” she says, “but that's OK because it's from IKEA.”

Instead of pricey furniture, Drew prefers to devote her budget to art, good lighting (she likes Japanese-style paper globe pendants for their warm glow), and her near-constant home improvement

\*  
Rounded shapes  
are a design  
signature for her  
Beautiful line  
at Walmart.  
Drew says. “Our  
rule for the  
collection was no  
sharp corners.”





After going "hard-core" into small kitchen appliances for her Beautiful line, Drew is following up this eponymous bouclé swivel chair with additional furniture and accessories this fall.





\*  
Launching new projects is “very stressful,” Drew says. “But it’s also extremely fun. Betting on yourself is a good thing. If you fail, you learn—and then you apply that knowledge to the next endeavor.”

and decorating projects. In recent years, she had her bedroom ceiling covered in star-print wallpaper and her entryway floor painted in a checkerboard pattern. Currently, she’s planning to upgrade the dining room—where the family eats when Olive and Frankie haven’t taken over the table with art projects—by covering the walls and ceiling with bone-white tiles from Clé. “It’s going to be like a bright and shiny cave,” she says. “Things are constantly moving around and changing here. One of my best friends recently told me, ‘I’m not coming to your house anymore for dinner because you’re just going to rearrange the furniture the whole time.’ And he’s totally right. If he comes over, I’m definitely going to ask him to hang pictures.”

Home design—the creation of what are, by definition, private spaces—might seem like a strange obsession for an extrovert. An actress who loves people (she’s a big hugger), she’s used to feeding off the energy of audiences, having been in front of cameras since she was in diapers. (Before stealing hearts as Gertie in *E.T.*, she was doing television and commercials.) But for Drew, “home making,” as she calls it, is both an

expression of creativity and a means of taking care of herself and her family.

After a famously rough childhood—she was legally emancipated from her parents at age 14, then two years later she laid bare her struggles with mental health and substance abuse in her memoir, *Little Girl Lost*—feathering her nest is about creating her own psychological safe haven and giving her girls the warm, comforting home she never knew. For a while, she even considered making a career out of her self-taught decorating skills. “There was a long period of time when I thought I could go into interior design and that would make me happy,” she says. “I could do all my thrifting and shopping; I could make things unique—I won’t ever be cookie-cutter. I thought I could even do a show around it. And that’s where I was headed when this woman called and was like, ‘Would you ever consider doing a talk show?’”

The *Drew Barrymore Show*, starting its fourth season in September, is, like her home, a true

PHOTOGRAPHED ON LOCATION AT SWIFT STUDIOS IN NYC: WARDROBE STYLIST DANIEL EDLEY/  
WALTER SCHIFFER MANAGEMENT (WSH); HAIR STYLIST DANIEL HOWELL/WSH; MAKEUP STYLIST  
JESSICA WILSON/WSH; MANICURIST ELLIE GERSTEIN/OPUS BEAUTY; PRODUCTION: CRAWFORD &  
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reflection of Drew. Rather than stick to the typical daytime chat format, she set out to create a space where viewers “felt invited,” she says. “I didn’t want this, like, bizarre interview dynamic that I’ve been on the other side of my whole life, where you’re just expected to tell anecdotal stories.” Instead, she gets up close and personal with guests (scooting her chair over to hold hands has become a signature move), has conversations with her audience that almost resemble group therapy (so many hugs, occasional tears), and shows off her design chops (along with regular guest designer Mikel Welch). With viewership up 70 percent year-over-year last season, the show has been an unqualified hit.

Despite that success, the TV show is just one aspect of Drew’s postmotherhood career shift and, ultimately, her midlife renaissance. “When I started having kids, I didn’t want to be playing characters and pretending to be different people,” she says of her decision to pause her acting career. “Everything changed for me. I just couldn’t do it.”

And so she poured herself into projects that rest on the idea of Drew being utterly and uniquely Drew. There’s her magazine, *Drew*; her cookbook, *Rebel Homemaker*; her Flower Beauty line of cosmetics and skincare; and Beautiful, her collection of cookware, appliances, and, now, furnishings for Walmart. (The first piece, a white bouclé swivel lounge called the Drew Chair, sold out in 72 hours.) This diverse list of ventures—what does eye shadow, you might ask, have in common with electric kettles and air fryers?—makes sense to Drew. “It just became about a whole world I liked living in,” she says. “If you’re swatching cosmetics, you’re swatching colors, and that’s not too far off from fabrics, and if you live in a home where you’re constantly layering and decorating and collecting, you’re just in that mindset. It all kind of falls into place.”

For Drew, being an entrepreneur is both a creative outlet and serious business. “I don’t relate to artists who don’t accept that you need to think about practical realities, and, at the same time, I’m not interested in being involved with businesses who don’t appreciate and protect and nurture creativity and creative people. I really love wearing both hats.” To feed her creative side, she’s always scanning for inspiration, whether in magazines, on her travels, or walking around her neighborhood. “I will chase someone down the street and ask,

‘Can I please photograph your shoe? It’s the perfect coral,’” she says. “And then once I find inspiration like that, I will search until I find something to apply it to. Otherwise, I will drive myself absolutely bonkers over passion without outlet.”

When it comes to the business side of the equation, however, she’s more focused on what she doesn’t see, an approach credited to her daughters’ grandfather, Arie Kopelman, who had a long career in advertising before becoming president and COO of Chanel. “When I was launching Flower Beauty, I was having the hardest time deciding between two very different color schemes for the packaging,” Drew says. “His advice was, ‘Go out and look at everything. Then ask yourself what you haven’t seen and do that.’ It was such a brilliant lesson from him and just made everything so clear, because designing really is about filling holes in the market and coming up with solutions for how to live. It’s not coming from an ethereal, arty place.”

In the months to come, her Beautiful line will be expanding with more home products, including a second iteration of the Drew Chair—this time in green. (She spent months mixing the perfect sage, one that’s a little gray.) The ultimate goal, she says, is to come up with strategies that make “all of the things we’re forced to interact with every day—the clothes hangers, garbage can, items on the kitchen counter—look and feel aesthetically inspiring.” Her latest fixation: how to camouflage electrical cords. “There’s a reason you never see those things in catalogs and magazines—they’re ugly!” she says. “But in real life they’re everywhere. We can’t get away from them.”

Being a creator—whether of movies, TV content, lipsticks, or slow cookers—is not easy, she admits, but she’s figuring out how to do it her own way. “We get challenged, and we doubt ourselves. I go through that all the time. But the key, I’m finally learning as I’m closing in on 50, is to not let those challenges be an identity crisis. At the end of the day, we all have to be brave enough to be ourselves.” ■

*NOTE: This interview took place prior to the SAG-AFTRA strike activity that began just as this issue was going to press.*




Designing means  
creating something  
from scratch.  
Decorating means  
finding things  
all over the place and  
putting them  
together. I do both.”

—DREW BARRYMORE



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little things that make  
Drew’s life easier  
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A photograph of a family of four in a bright, modern dining room. A man in a dark blue t-shirt stands behind a dark wood dining table, smiling. A woman in a white shirt and dark suspenders sits at the table, also smiling. A baby sits in a yellow high chair to the right. The room features large windows with black frames, a red geometric chandelier, and several indoor plants. The floor is covered with a light-colored rug with a geometric pattern.

"WHEN YOU'RE  
ABOUT TO MOVE INTO  
A HOUSE, THERE'S  
THE TEMPTATION TO  
FURNISH IT AS  
FAST AS HUMANLY  
POSSIBLE. RESIST THAT  
AND TAKE THE  
TIME TO FIND THINGS  
YOU BOTH LOVE."

—DAVID HARRIGAN





A set of Eames chairs in different colors brings a sense of whimsy to the dining area in Billie Scheepers and David Harrigan's home. Other bold accents—the red light fixture and son Leo's yellow high chair—balance the neutral rug, white walls, and expanses of glass. Houseplants by the windows seem to dissolve the border between indoors and out.

# all the bright MOVES

Let there be light—and *happy jolts of color*. One design-minded couple creates a high-style but not-too-serious family home.





It takes a certain amount of pluck to confess that you based your kitchen renovation on...a paper shopping bag. “An Acne Studios shopping bag,” photographer Billie Scheepers points out with a laugh, referring to the fashion brand’s beige-pink bag. “David came home with a new pair of jeans one day, and when I spotted the bag, I knew that was our color.”

Her husband, David Harrigan, had originally imagined a different kitchen hue—“perhaps a vibrant orange or a British racing green,” he says—but he wholeheartedly embraced the shade once they had a custom-mixed paint sample. “I believe in making courageous design choices,” says David, founder of Scandinavian design platform Åben.

The couple’s entire London house is a testament to their embrace of color and personality, as well as their practical-minded approach to renovating on a budget. That eye-catching kitchen cabinetry, for instance, is actually IKEA, dressed up by their contractor with custom doors. “It looks like a custom kitchen, but we got it done for much, much less,” Billie says.

Parents to three children under the age of 6, the couple purchased the four-bedroom Victorian as a fixer-upper in 2016 when their firstborn was still in diapers. “It was very

The moss green armchair and a proliferation of plants add color and life to the predominantly neutral living room. Keeping the walls white makes the room feel brighter and allows the couple to easily touch up any scuffs. “We would have loved wallpaper,” David says, “but we have three kids.”





The pink doors on the IKEA cabinets and glamorous sheathings of brass make the kitchen the house's centerpiece. The playful vibe is balanced by the subtle industrial feel of the white brick wall and black pendant lighting. The resin floor looks almost like concrete but is less prone to cracking and friendlier underfoot.



As their family grew, the couple converted their former study, *this photo*, into a kids bedroom, *opposite*, shared by their older two. The switchover involved minimal fuss: The white walls, built-in bookcases, and pendant light remained, and a modern bunk bed took the place of the daybed and a pair of Billie's framed photographs.





## from workspace to kids space

"OUR HOUSE HAS A MIX OF SPECIAL AND DESIGNER PIECES, BUT WE ALWAYS TRY TO BE PLAYFUL IN THE WAY WE PUT THINGS TOGETHER."

—BILLIE SCHEEPERS

English, with a lot of dark little rooms and fitted carpets," David says. From the start, their priority was to bring in more natural light. David, an Australian, craved sunshine; Billie, similarly, missed the high-ceilinged, sunny flats of her native Berlin. So the bulk of their renovation budget went toward reconfiguring the warrenlike first floor into a mostly open-plan space and adding a sliver of an extension to the house's east side. Although the addition contributed an almost negligible amount of square footage, its yield in natural light (thanks to its windows and skylights) was transformative. "Even though London weather is famously dreary, it's never depressing in here," Billie says.

The lively, modern decor ensures that as well. A lifelong furniture addict who had already curated a small collection of classics, David cheerfully combed through eBay and the classifieds site Gumtree ("it's like an English Craigslist," he says) to fill out the rooms. Meanwhile, Billie contributed her practiced eye as an image maker, styling the furniture, accessories, books, and plants into layered arrangements. And if there's a little clutter here or there among the handcrafted Scandinavian pieces, that's to be expected, she says. "It's impossible to look like a museum anyway when you have kids."

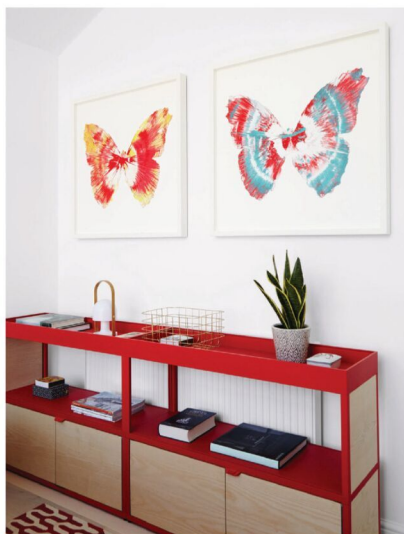






●  
The couple chose custom kitchen cabinet doors made of plywood, without any hardware, for a streamlined look that lets the paint color be the star. To get the exact shade of pink they wanted, they brought a swatch of an Acne shopping bag to a shop with a color-matching scanner. They used Dulux, a British paint brand, but similar scanning services are available at most hardware stores.

●  
In the living room, a wall-mounted unit of shelves and drawers (the Vitsœ 606 Universal Shelving System) hosts a rotating display. “We regularly rearrange the books, magazines, objects, and other bits, which keeps the space fresh,” David says.



●  
The couple put another storage piece, a red console table from Hay, to decorative use, curating vignettes on the shelves. The Damien Hirst paintings were a gift from the artist to Billie, who shot several portraits of him.

●  
While the white bathroom is an exercise in simplicity, the use of large tiles is a fresher take on typical subway tile. Dark grout is easier to maintain.



The primary bedroom balances color blocking and neutrals, resulting in a space that's lively yet visually uncluttered. The bedspread's abstract geometries echo those of the large painting on the wall. The oak floors and white wall behind the bed are purposely left bare. ■





## MIX MASTER

Matthew Muscarella's arrangements often combine cultivated and wild flowers with houseplant clippings and fruit, many of which come into play in the bouquet, *opposite*. He started with a pink weigela branch, a yellow peony, and yellow roses from the garden, then filled out the vase with citrus and a caladium leaf clipped from a houseplant. The similar tones bring the disparate elements together.



# NATURAL CURIOSITY

DESIGNER MATTHEW MUSCARELLA BRINGS TOGETHER  
ELEMENTS FROM ALL CORNERS OF THE BOTANICAL WORLD  
TO CREATE ARRANGEMENTS OF UNCOMMON BEAUTY.





## PLAYING WITH FOOD

When Matthew goes grocery shopping, he often has something other than dinner in mind. "I'm always thinking,

*What's another life I can give my produce before I eat it?"* A bowl of upside-down carrots and two cups of mushrooms bring moments of whimsy to this otherwise glamorous mantelscape. There's order to the scene, too, with the arrangements of ranunculus, tulips, and caladium building in height across the shelf and the evenly distributed colors of pots and flowers.

As these mushrooms dry out a little, they turn pretty shades of tan, so Matthew puts them in the bowls without water.





**M**atthew Muscarella was young when his interest in botanicals started. "I was a semiprofessional gardener by the age of 10," he jokes, talking about how he grew up planting alongside his mother and earning money assisting a local gardener. That early experience proved formative. "I see beauty not just in flowers but also in the leaf of a houseplant or a branch or a weed," he says.

His perspective has made him uniquely qualified as a designer for Terrain, the

national plant and garden decor store based in the Philadelphia area. "It's owned by a fashion company, so it's an exciting intersection of style and botanicals," says Matthew, who also studied landscape architecture.

Whether he's creating a floral installation for a wedding or designing a garden for a homeowner, he aims for originality. "I try to create something new that my client hasn't seen before, that I haven't seen before," he says.

His floral arrangements (often showcased on Instagram @mattymusktrat) are a little wild, often irreverent, and always

surprising. A passionate collector, he has amassed a large assortment of unusual thrifted vessels over the years. He regularly forages, both in the wild and at the grocery store, for elements to tuck into displays. And he frequently clips stems from his own yard—though it's not a traditional cutting garden. "Growing things with arrangements in mind would almost be too easy for my approach," he says. "The hunt, the challenge of creating an arrangement from something you wouldn't expect—that's my dopamine."





## FIELD OF DREAMS

Matthew likes to contrast high and low. In this case, that takes the form of a clump of grass pulled from his yard joined with dainty garden roses and carnations. "I love the tension of what's basically a weed paired with the most exquisite flowers," he says. The grass is placed in a bowl with a chunk of soil holding it in place; a kenzan (a heavy, spiked flower frog) secures the blooms in low bowls.





“  
My advice  
is to not try to  
emulate  
something  
else. Look at a  
stem and  
embrace what  
inspires you  
about it instead  
of getting  
stressed out  
about an overall  
arrangement.”

—MATTHEW  
MUSCARELLA

## DYNAMIC DUO

These two displays were both inspired by their low pastel vessels, but to very different effects. One includes an energetic mix of peony, allium, wild phlox, and more. The other showcases just three stems. “I like what I call ‘asymmetrical symmetry,’ Matthew says. “There’s continuity of color and shape, but nothing is perfectly matching.”







The size and weight of a floral frog will determine the length of flower stems they can support.



## OBJECT LESSON

Not only do flower frogs help secure stems in many of Matthew's arrangements, but he also considers them beautiful, display-worthy pieces in their own right. "They are so adorable and impactful individually," says Matthew, who has around 50 flower frogs, including these ceramic pieces, from antiques and thrift shops.



## SHAPE & FORM

"I wanted to let each element tell its own story," Matthew says of this arrangement, which consists of a romantic bearded iris standing above a graphic begonia leaf clipped from a houseplant plus quirky, swirly onion scapes. The strong shape of the vessel complements the spare, sculptural display. ■



If you don't have a flower frog, improvise. Matthew has used coated chicken wire (which won't scratch the vase), cut-up sticks, and tangled ivy to create a supportive nest.



A photograph of a modern white house with a pergola and a large garden of purple flowers. The house has large windows and a pergola structure on the right. The garden is filled with tall, thin-stemmed plants with purple flowers, likely Salvia clevelandii. The scene is set in a sunny, outdoor environment.

Located in California's Bay Area, this garden was designed by Terremoto to handle summer heat. The designer chose plantings that are adapted to the climate, like fragrant blue sage (*Salvia clevelandii*). A pergola, which mimics the sharp lines of the house, keeps the dining area cool.





# dream WEAVERS

A flower-filled meadow on a small suburban lot? It's the kind of garden magic that California landscape design firm Terremoto excels in creating.



With paths throughout, the garden encourages meandering. Olive, below, and her sister, Emma, often walk through the flowers, clipping stems for bouquets and art projects.



A concrete firepit surrounded by plantings, right, gives the family a cozy pocket to hang out and roast smores. The fence is made from the same cedar as the pergola and will develop a silvery patina over time.

The designer incorporated an amalgam of textures, colors, and fragrances, opposite. The grasses sway in the wind, while other plants, like 'Jubilee Crown' leucadendron, provide structure.

If Ann Le and Steven Huynh's garden inspires daydreaming, that's by design. A few years ago, the couple hired Terremoto, a landscape design firm known for its "wildness and creativity," as Ann puts it, to replace their patchy lawn with a garden that would fuel their young daughters' imaginations. Lead designer Sarah Samynathan's vision—"to contrast the clean architecture of the midcentury modern house with a soft, playful meadow"—delivered just the kind of landscape the couple had in mind.

The meadow design has a secondary beneficiary: pollinators. For both the front and back yards, Samynathan selected a mix of pollinator-friendly California natives, like fragrant blue sage (*Salvia clevelandii*) and red-flowered buckwheat (*Eriogonum grande* var. *rubescens*), and place-appropriate non-natives, like 'Moonlight' grevillea. She plotted the plants on a calendar according to bloom times then positioned them in the landscape to make sure there was always something in flower.

To make the space equally inviting for the family, the team installed a pergola for hot days, a firepit for cool winter nights, and a fully equipped outdoor kitchen, which the couple (who recently opened a natural wine bar called Goodtime Bar) put to heavy use. A series of pathways lined with reclaimed granite pavers and permeable black basalt gravel connects the various spaces. And in an interior courtyard, a single 'Sango-kaku' Japanese maple tree and cluster of ferns offer a peaceful moment of green.

While Ann and Steven's initial motivation for the landscape design was their children, the space has changed them as well. Though they didn't used to consider themselves "garden people," Ann says, they now find themselves enraptured by what's happening in their yard. "Before we had this garden, I felt like I hadn't seen a butterfly in years, and we were barely outside. Now we're outside all the time and have so many butterflies, bees, and hummingbirds. Our yard has a life of its own."











"When I chose the planting palette, I didn't expect it to be quite so beautiful, but it took my breath away. It felt like the plants knew exactly what we were going for and did their thing in the most perfect way."

SARAH SAMYNATHAN,  
designer



From top left:  
The lavender flowers of coyote mint, a California native, spill onto the pathway. Emma and Olive take a breather in the interior courtyard. Pink 'Red Rocks' beardtongue and fragrant blue sage (*S. cleveandii*) add softness to the garden, while islands of white pompons of 'Alba' sea thrift dot the pathways; the couple love how the plants seed themselves, with new growth popping up in unexpected places.



Terremoto created an angular deck in the interior courtyard. To contrast the wild meadowlike landscape, they kept planting to a minimum here, adding a 'Sango-kaku' Japanese maple tree, whose bark will redden in winter, and an array of ferns, including maidenhair, deer, Mexican polypody, and western sword.





After getting rid of their front lawn, which required a lot of water and hosted little biodiversity, Ann and Steven appreciate that their yard is now a haven for insects and birds, who are drawn to plants like the pale blue bog sage (*Salvia uliginosa*) and native yarrow.









MEET THE DESIGNERS

# Terremoto

Through its striking naturalistic gardens, this 10-year-old landscape design firm is leading the field to a sustainable future. These six California projects show off the team's creativity and range.



**From its offices in San Francisco and Los Angeles**, the studio takes on a range of projects, from tiny backyards to urban public spaces. The designs reflect a keen eye for beauty but also the realities of our changing climate. The team focuses on native plants, sources materials locally when it can, and offers maintenance guidance to gardeners so landscapes can thrive. "We're not just designing for humans," says Alain Peauroi, who cofounded the firm with David Godshall. "We're designing for the whole world. Every living creature is welcome."



**Layers of green** *Bel Air* The goal for this project was to create what the designers call "a gradient of wildness." To achieve the kind of naturalistic look they specialize in, designers selected a verdant palette with a few shots of color to frame the rectangular pool, planting natives on the slope and a hedgerow of *Ginkgo biloba* on the other side.



**Lawn-free living** *Oakland* You won't find traditional turf in many of Terremoto's projects. In this yard, for example, permeable gravel is dotted with a blend of natives and low-water plants, including flowering purple-top vervain, honeybush, salvias, and grasses like 'Canyon Prince' leymus and Atlas fescue.

PHOTOS: (STUDIO TEAM, OAKLAND GARDEN) COURTESY OF TERREMOTO



"We're big believers  
in letting plants be plants."

—ALAIN PEAUROI,  
cofounder



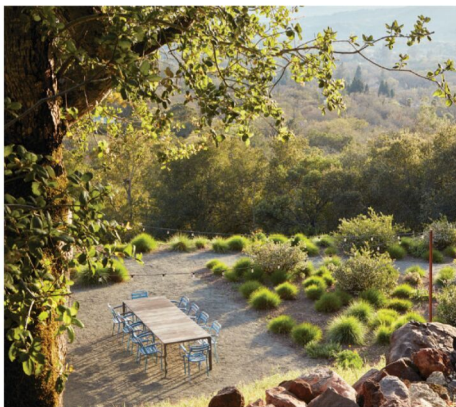
**Graphic art** *San Francisco* As in many of its designs, Terremoto riffed on this home's architecture: A simple boardwalk and sunken square hot tub complement the building's clean lines, and a mass of foliage with a variety of textures enhances the features.



**Into the wild** *Nicasio* The firm honors the existing site for each project. Here designers built raised beds for vegetables and surrounded them with a meadow of native grasses and wildflowers that blends seamlessly into the coastal landscape.



**Soft landing** *Los Angeles* Terremoto is known for its simple and elegant hardscaping contrasted with lush plants. In this backyard, the team placed concrete and stone pavers amid a gravel courtyard surrounded by a sea of greens, including succulent aeoniums, grasses, and a climbing passionflower vine.



**Resilient plantings** *Sonoma* Gardens that don't require much intervention to thrive are a signature for the studio. On this rocky hillside, the designers incorporated native grasses and manzanita trees that could handle the location's clay soil as well as its hot sun, strong winds, and freezing nighttime temperatures. ■



Keyanna Bowen and her husband may be renters, but they flex like owners. In the living room, she removed dated elements of the fireplace and built-ins (see opposite), swapped old hinges with concealed ones, and added trim to the front of shelves. New paint freshens the room.







# RENTING A HOME, OWNING YOUR **STYLE**

KEYANNA  
BOWEN MAKES  
RENTING  
LOOK SO GOOD  
THAT SHE'S  
MADE A CAREER  
OF IT—AS A  
DESIGNER,  
PHOTOGRAPHER,  
CONTENT  
CREATOR, AND  
HOST OF THE  
MAGNOLIA  
NETWORK SHOW  
*RENTAL REDO*.

**BEFORE**







The kitchen facelift started with a fresh coat of white paint (Benjamin Moore Chantilly Lace). It's the same white she used throughout the house. Peel-and-stick flooring covers the out-of-style sheet vinyl. The nickel faucet, subway tile backsplash, and butcher-block countertop are affordable and widely available upgrades. Keyanna added new cup pulls and repainted the original knobs a high-contrast black.

knowing how to make a rental feel like home wasn't a natural skill for Keyanna Bowen. But as a renter, she felt like part of a forgotten population in the design world and was inspired to help fill that void. She launched a blog, *East & Lane*, and a YouTube channel. She honed her photography and styling skills. She earned her real estate license and enrolled in carpentry training at her local community college. Her mix of talents eventually led to Magnolia Network and a show that tied her interests together.

At one point, Keyanna and husband Daniel were renting a builder-grade condo that left her feeling creatively flat, so she searched for a rental house she could make over and document. They moved to a home in Salisbury, MD, and Keyanna pitched the owner an arrangement: She would choose affordable, durable materials and make the improvements, and he would provide a budget. "Because I was asking him to invest in materials, I wanted to show that these ideas were improving the value of the property," Keyanna says. Over six years, the landlord has contributed \$4,700.

She invested her own money in furnishings, art, rugs, curtains, and accents that she could take to her next home. When light fixtures, hardware, and faucets went beyond the budget, she bought and installed what she wanted, storing the owner's originals safely in the basement. She will swap them when it's time to move. "It takes patience and a plan, but it's worth it," she says.



●  
To cover the knotty wood paneling (see opposite, far left), Keyanna used a durable, stain-blocking primer before painting. She splurged on the sleek cone pendant from Rejuvenation and chose the upholstered bench for comfort.





●  
The cloudlike chandelier floats amid blue dining room walls (Benjamin Moore Boothbay Gray). The white oak table from ABC Carpet & Home was an investment, but the sideboard is a \$222 IKEA Besta cabinet that Keyanna dressed up by adding half-round molding to the sides and doors.







The guest room was part of a collaborative project Keyanna did with blogger Emily Henderson. Keyanna's designs always include a vintage rug, a striking light fixture, and quality drapes.



## SOCIAL CONNECTORS

Keyanna designed her office and guest room as part of Emily Henderson's Design Blogger mentorship program in 2020. We asked about working together in the social media space.

### WHAT DOES THE MENTORSHIP PROGRAM INVOLVE?

**Keyanna:** The program is for aspiring bloggers, and it showed me how to work with brand partners while transforming a space in my home and to find ways to document and reveal the project on social platforms.

**Emily:** Keyanna's upstairs became our lab. She

designed the project, and we worked behind the scenes. We debuted the project on her blog and mine to grow readership on both sites.

### HOW DID THE PROGRAM BENEFIT YOU?

**Keyanna:** Emily's team used her leverage to secure support for my project. Emily's blog is big, with more than a million unique page visitors a month.

Being featured on her blog gave me visibility.

### HOW DO SOCIAL PLATFORMS BRING US TOGETHER?

**Keyanna:** I don't think there's a better way to meet and connect with someone who lives across the country or globe. Emily's on the West Coast and I'm on the East, and our relationship has blossomed. I'm now a contributor on

her site ([stylebyemilyhenderson.com](http://stylebyemilyhenderson.com)).

**Emily:** More than ever, we need each other as a source of collective creativity and strength. Collaborating with creative people fills me up. I'm excited when I see other people succeed, and because of that, I hope to grow the mentorship program. Social media is a connector. It brings people together.





The low platform bed from Article and Cadence semi-flush-mount light fixture from Mitzi create the illusion of spaciousness. The vintage rug with subtle peachy tones inspired Keyanna to add the throw pillows and blanket. "If your bedroom is neutral, it's easy to swap out the bedding as your style evolves," she says.



"LIVING IN A RENTAL DOESN'T HAVE TO MEAN TEMPORARY STYLE. I LOOK AT THIS PLACE LIKE IT'S MY HOME. TAKING OWNERSHIP, EVEN THOUGH I'M RENTING, HAS OPENED MY MIND AND INTENTIONALITY ON HOW I WANT MY SPACES TO LIVE AND FEEL."

—KEYANNA BOWEN



After cleaning and power-washing the porch, Keyanna asked her dad to build the swing, above. "It's one of those sentimental things that makes this rental feel like home," she says.

In the bath, Keyanna freshened tile with tile paint and replaced wallpaper with a coat of limewash. She updated the vanity with paint, new hardware and a faucet, and a marble remnant top. The sconces and mirror are a better size for the space. ■





Heirloom  
Tomato Tart  
from Susan  
Spungen





# The Visionaries of VEG

Eat the rainbow with the  
help of three new cookbooks  
from authors whose  
recipes place vegetables at the  
heart of every meal.





# In-Season Inspiration

**SUSAN SPUNGEN**

Join the food stylist and recipe developer in her kitchen for a four-season parade inspired by produce from her weekly farm share.



*Veg Forward* is Susan's fifth book but the first she decided to photograph herself. In fact, she took all the photos with her iPhone, because, she says, "I wanted the book to be authentically diaristic." It allowed her to capture produce as it hit its peak throughout the year.

Susan Spungen's latest book, *Veg Forward*, kicks off in springtime, following the seasons through the growing year to winter. The book serves as a guide for anyone cooking their way through a garden year, regular farmers market visits, or a farm share with its recipes for fresh fava beans, garlic scapes, kohlrabi, squash blossoms, shelling beans, and other items

you don't often see at the supermarket.

**VEGETABLES FIRST** Though the book is about vegetables, it isn't strictly vegetarian. Susan uses a little meat or seafood in certain dishes when it makes sense. "I didn't set out to create a book that was completely vegetarian, but the more I concentrated on the vegetables themselves, the less need I saw for meat," she says. Even if you eat meat, you don't have to commit to an entirely different lifestyle to add more vegetables.

**STOCK YOUR PANTRY** To make dynamic, mostly veg recipes that don't feel spartan,

Susan recommends keeping a selection of big-flavor condiments on hand so brightening vegetables is as easy as opening a jar. Calabrian chili sauce is a zippy finish for grilled summer squash (*opposite*), and tahini whisked with soy sauce and crushed sesame seeds makes a substantial dressing for green beans (*page 140*). Miso, mustard, ponzu, chili crisp, stock concentrates, toasted nuts, and spices are all tools Susan uses to give produce a flavor boost.

**PLANT HERBS** You might not have the time or space to grow your own vegetables, but one thing Susan encourages everyone to grow is herbs. Supermarket packages of herbs are often pricey and highly perishable, and you need only a few pots and a sunny spot to grow them at home. Susan recommends an herb garden of basil, parsley, thyme, tarragon, chives, shiso, rosemary, and sage. "Nothing adds more flavor, freshness, and beauty to your cooking than fresh herbs," she says.

**MAKE A TOAST** There is no vegetable that, once prepared, would not be entirely welcome on a raft of sourdough toast. Susan makes toast into a meal with asparagus on milky ricotta, marinated peppers with garlic, and zucchini coins with Taleggio or Fontina. It's a win every time.





*Grilled Zucchini  
with Whipped  
Ricotta, Calabrian  
Chili, and Almonds*

Tingly Calabrian chili  
sauce complements the  
smoky grilled flavor  
of the squash and highlights  
its sweetness. Swap  
chili oil, sriracha, or a little  
harissa for the Calabrian  
chili if you like.







### *Triple-Sesame String Beans*

This salad is inspired by Japanese goma-ae, cooked greens in sesame sauce. Susan blanches green beans in her version.

Frenching the beans (slicing them lengthwise) allows them to bend like noodles and exposes more surface area to the savory sauce. A sprinkle of citrusy shiso leaves and sesame seeds finishes the dish.

RECIPES  
BEGIN ON  
PAGE 162.





### *Arborio-Stuffed Tomatoes with Olives and Herbs*

A dish for deep summer, this one combines stuffed tomatoes Provençale with an Italianesque filling of tomato risotto in place of a traditional bread crumb stuffing. Cooking the juice and pulp of the tomatoes with Arborio rice concentrates their flavor and reduces the liquid so the filling is creamy, never watery.





# Everyday Greats

HETTY LUI MCKINNON

In *Tenderheart*, she hopes to connect readers to creative vegetable meals with an encyclopedia of ideas celebrating staples.



Hetty, now a prolific cookbook author, got her start in the food industry when she launched a salad business from her home kitchen in Sydney, Australia.

Wellness and weight loss are often associated with plant-based eating, but Hetty Lui McKinnon is hoping to teach people another side of eating vegetables: joy. She encourages people to approach vegetable meals with pleasure not asceticism. She layers flavors, textures, and colors to create meals that feel abundant. Her strategy doesn't have to be limited to a beautiful farmers market haul either. Each chapter in *Tenderheart* is a deep dive into a single vegetable, most of which

are readily available and inexpensive, like potatoes, carrots, broccoli, cauliflower, and cabbage. They're versatile, practical, and adaptable, and a tasty way to get in five-plus a day without blowing one's food budget.

**MORE NOT LESS** Hetty says people often don't even realize that her recipes forgo incorporating meat and dairy products. "Let's not focus on what's missing," she says. "This food is about more." More flavor, texture, and creativity.

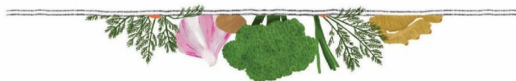
**RETHINK THE PLATE** It can be difficult when trying to eat more vegetables to shift from the idea of meat at the center of the plate and vegetables as sides, so our first impulse is

often to think we need a meat substitute. "Meat allegories are fine, but they can limit your creativity by replicating a meat-plus-veg model," Hetty says. She steers clear of vegetarian meat products like burgers and sausage and instead elevates vegetables in dishes like carrot-peanut ramen (*opposite*).

**FAMILY DINNERS** Hetty uses cooking to connect with her Chinese heritage and draws inspiration from her background growing up in Australia as the daughter of immigrant parents. *Tenderheart*, she says, includes what she calls her "vegetable origin story." Her dad worked at a big wholesale produce market and brought home fruits and vegetables by the crate. That personal narrative is a source of inspiration woven into her recipes.

**DIVERSIFY** What often stumps people when they try to make veggie-focused meals? "They think they can eat only leaves," Hetty says, "or when I say 'salad,' I mean just lettuce, cucumber, and tomato, but the key to loving vegetables is variety!" She likes to combine warm elements with cool ones, sweet with spicy, and crunchy and creamy for satisfying meals.

**DON'T FEAR THE FREEZER** Even when your fridge is bare, frozen vegetables can be heroes for weeknight meals. Hetty keeps corn, edamame, spinach, the nostalgic bag of mixed vegetables with its little carrot cubes, and especially peas on hand. "I like frozen peas better than fresh ones," she says.





## *Carrot Peanut Satay Ramen*

Inspired by the sauce for chicken satay, this weeknight-friendly ramen bowl starts with a velvety base of skillet-caramelized carrots and peanut butter that's blended with stock and topped with greens, instant ramen noodles, chopped peanuts, and herbs. The dish's resulting flavor is much richer and more complex than the 20-minute cooking time might imply.






*Roasted Potato  
and Lentil Salad  
with Black  
Sesame Aioli*

Even potatoes, perhaps the humblest of vegetables, can be stars. Hetty roasts them first for crispy edges and adds nubby lentils for protein and carrot and green onions for crunch. She sauces the whole platter with a stir-together dressing of nutty black sesame seeds, garlic, and mayo.







## Broccoli Forest Loaf

This savory quick bread taps into the childhood glee at the idea of broccoli looking like tiny trees. Hetty suspends a forest of florets in batter spiked with turmeric, chili powder, cheddar, olives, and chives.

When cut, the slices reveal cross sections of the "trees."





# Mushroom Magic

ANDREA GENTL

The 100-plus recipes in *Cooking with Mushrooms* pay tribute to this photographer's lifelong obsession with fungi in their many forms.



As an award-winning food and travel photographer, Andrea has photographed many cookbooks, but *Cooking with Mushrooms* is the first one she wrote too.

As a child, Andrea Gentl was enchanted by the mushrooms she saw while playing in the western Massachusetts woods. At home, however, the only ones she encountered were pickled on her grandmother's antipasti plate. But years later, when she met foragers at a farmers market, she began experimenting with mushrooms in the kitchen. She loves them for their dynamic textures and flavors, their many reported health benefits, and how

handily they can stand in for

meat, an easy substitution that makes meals more climate-friendly.

**STORE-BOUGHT IS FINE** In recent years a notable shift has occurred in the availability of cultivated mushrooms. Gone are the days of white buttons as the sole option. Check farmers markets and Asian grocers for the most variety, but even supermarkets now often stock oyster, shiitake, and trumpet mushrooms. Specialty mushrooms (especially those from professional foragers), like morels or chanterelles, can be more expensive by the pound than cultivated ones, but Andrea encourages buying small quantities as a splurge. "Treat them like you're cooking a great steak," she says.

**GET FRESH** For good flavor, mushrooms must be fresh. Use more of your senses to select

them. They should look plump, not tattered or wrinkled, and feel alive, fleshy, and firm, not slimy. They should smell earthy and pleasant. Pack them in paper, not plastic, and avoid anything presliced.

**TO WASH OR NOT TO WASH?** "It's a personal preference," Andrea says. "I don't wash cultivated mushrooms, as they're grown in a sterile environment." You can wash or brush them, if you like, to remove any surface grit, but never soak them. "They absorb water readily and can become mushy or slimy."

**KEY TO MAKING THEM GREAT** Mushrooms are moist, so cooking them with high heat helps drive off moisture to yield the best seared flavor. This can happen on a grill, in the oven, or in a pan. "Dry roast them or dry sauté them, without any fat," Andrea says, "and they develop this nice crust, and the flavor is so intense and wonderful." Then add some fat: "Mushrooms love all kinds of fat—ghee, butter, olive oil. They take it on in a nice way, and it complements their flavors."

**FIND GLOBAL INSPIRATION** One thing Andrea likes best about mushrooms is how adaptable they are in dishes inspired by her travels. Oyster mushrooms can stand in for carnitas in a taco, enoki mushrooms swap for pasta with Alfredo sauce, and finely chopped shiitakes mimic ground beef in *kofta* (page 148).

**WHAT IF YOU DON'T LIKE THEM?**

Mushrooms are a polarizing ingredient, but just because you don't like, say, portobellos, it doesn't mean you won't like others. As Andrea says, "The world of mushrooms is vast."





## Mushroom Ceviche Tostadas

Andrea marinates  
sautéed Bunapi (white  
beech) mushrooms  
in citrus for a refreshing  
take on tostadas.

She likes how the  
mushroom shape and  
chewy texture mimic  
those of squid.







### *Shiitake Kofta*

Shiitake mushrooms are prized for their low moisture content and big umami flavor, both of which make them an ideal sub for beef in kofta, spiced Middle Eastern patties.

Build them into a meal with purchased pita, hummus, pickles, olives, and cherry tomatoes.





### *Mushroom Bourguignon*

Cremini or button mushrooms often accompany beef in French stew, but their meaty texture means they can lead too. Andrea's key ingredient to boost the broth's savoriness is a couple of spoonfuls of fish sauce. Vegan fish sauce alternatives also work. ■



## Wall Murals

"Have fun!" was a signature sign-off of lauded interior designer Suzanne Rheinstein, who passed away in March, leaving a legacy of lessons that can be gleaned from her projects and books.

Although hand-painted murals like these trellised walls are an indulgence, a room that has the optimism of spring all year long is pure joy. Many wallpaper brands make panels that replicate painted scenics; install one and dream on. Nothing is as transporting as walking into your own idyll.







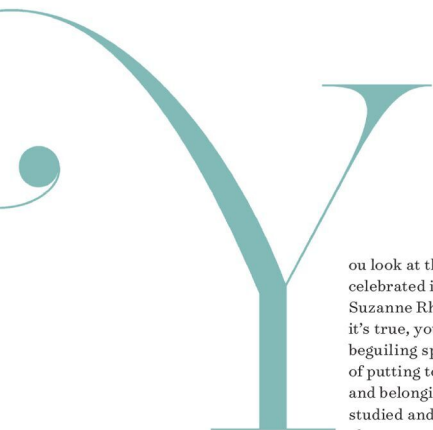
# Lessons FROM A LEGEND

~~~~~  
She was a designer with definite flair who always welcomed fun. In remembering

*Suzanne
Rheinstein,*

we share 10 hallmarks of her work.

Her thinking was one of a kind, yet the rooms she touched were relatable and, above all, livable.



You look at the rooms of celebrated interior designer Suzanne Rheinstein and, it's true, you see beautiful, beguiling spaces and ways of putting together furniture and belongings that are studied and elegant. But you also see rooms designed for joyful living. They're heartily welcoming and unquestionably uncommon—a zesty color that enlivens a serene seating area, a pairing of things antiques and fresh.

In a career that spanned decades, Rheinstein, *right*, decorated some of the finest homes in America, creating rooms that weren't just for looking at but for truly living in.

When the Los Angeles designer passed away this spring at 77, she left a legacy of inspirational decorating. She's often cited as working in the vein of the iconic Parish-Hadley design firm but with a Southern spin—she was born in New Orleans and raised in Jackson, MS. (If you'd had the pleasure to snack on the warm cheese straws and candied bacon she served at parties, you might have hazarded a guess.) But it's the *joie de vivre* and accessibility of her work that will be remembered. Her three books, including the recent *A Welcoming Elegance*, offer a master class in fancy livability.



The designer's Southern-bred insistence on comfort, community, and levity is a hallmark of her work. She moved chairs and cocktail tables like chess pieces to ensure that a chat among friends, a night alone, or a roof-raising bash would be equally comfortable. Her legendary parties would include a full meal on china and an invitation to sit anywhere. As Los Angeles decorator and longtime friend Joe Lucas recalls, "It could be on an 18th-century gilt fauteuil or on the floor"—a prospect made possible by the huge linen "lap-kins" she doled out for eating on laps. "We'd joke it was like putting an 8×10 rug on your knees," Lucas says.

This wink of humor could be a pleasing balance to a room of pedigreed objects. So could her deft moves of countering lofty decor achievements with comfortable living and roadside finds. She meant it when she said, "Coming upon a fine old rattan chair is as exciting as finding a rare painted and gilded 18th-century Milanese console." That idea and others should be replicated. There's no greater tribute to a creative spirit than channeling their ingenuity or heeding lessons from rooms they've touched, including this collection of some of Rheinstein's projects over the years.



Reversed Fabric

Rheinstein wasn't known for tricks, gimmicks, or hacks—but creativity, yes. Ingenuity even. When upholstering furniture (or cladding walls here), she often used the back side of the cloth, finding it less loud and unintentionally artful.

(She even created her own collection for Lee Jofa mimicking this effect.) For this to work, the fabric must be hand-printed, not machine-printed, so the ink bleeds through. The broader lesson: Find and use unintentional beauty where you can.

Combining Eras, Origins

Few of us have a strictly cohesive collection of furnishings; we're not all French Provincial or all midcentury modern. Our homes are typically an accumulation of items picked up along the way. Not to worry—*vive la différence* is Rheinstein's ethos.

Partnering an antique dresser with modern art, *this photo*, or an industrial cabinet with traditional rattan chairs, *opposite*, gives a room energy. What Rheinstein would argue for is the edit. Keep the pieces with integrity and the ones you feel passionate about; weed out the rest. And, she would add, be attentive to how things are put together. Silver serveware spread over surfaces might feel cluttered, but displaying them together behind the cabinet's glass doors makes a statement.

"CURATION IS AS
IMPORTANT AS
CHOICE. HOW THINGS
ARE PUT TOGETHER
IS CRUCIAL."

—SUZANNE RHEINSTEIN





Allover Pattern

The idea feels downright maximalist: Repeat the same pattern on the walls, window treatments, and furniture upholstery. It may sound like too much of a good thing, but all you have to do is look to a Rheinstein-designed room to see how a sea of similarity actually calms a space and feels cohesive, serene, and truly restful—a blanket of softness pulled right up to your eyes. The idea behind using allover pattern is simple: The less information there is for the eye to read, the less work the mind has to do. Sink in and relax.

Painted Floors

A signature of Boston-by-way-of-Britain decorating, painted floors always brighten a room. They're

an economical update compared to refinishing or replacing flooring, and they can be deeply cheerful. For Rheinstein, floors were another plane of architecture to direct and entice the eye. She often turned her attention to them to connect two disparate rooms, such as a pantry with a kitchen. Her general rule for painted floors: Stick to pale colors and keep geometric patterns simple.



"LET DETAILS REVEAL
THEMSELVES OVER TIME.
NOT EVERY ROOM,
OBJECT, COLOR, OR FABRIC
NEEDS TO SHOUT 'WOW.'"

—SUZANNE RHEINSTEIN





Traditional with the Unexpected

Refined interiors risk being stiff. Rheinstein's rooms aren't. Why? It's the touch of the unexpected—casual with formal or a bit of quirk in something traditional. In this lacquered sitting room, she picked a dashing apple green and carried the color onto the ceiling. In others, a simple sisal rug might undercut the formality of antique furnishings without losing their gravitas.





Versatile Banquettes

Banquettes fulfill many needs in decorating. They give meaning to a nothing space (such as the two, above, that hug the wall and provide additional seating and style). With no arms to impede, the pieces can fit where sofas can't, adding a lap of comfort and a trim profile. Placed back-to-back, they create an unexpectedly elegant seating arrangement.



Slipcovers on Antiques

In the days before AC, furniture in fine houses would get dressed for summer in breathable cotton slipcovers. "Summer dress" also had the effect of freshening serious furniture. What could be more Rheinstein than outfitting a neoclassical settee in a jaunty stripe? It's an invitation to sit.

Symmetry

To bring a sense of order and tranquility to a room, Rheinstein relied on balancing: pairs of sofas and lamps facing each other or a vignette of two items flanking a third. She loved to employ this classical move but never failed to find something to skew it slightly—a vase of tall branches placed off-center, above, for example.

Antiqued Mirrors

Points of light transform a room. Not just windows, candles, and lamps but materials that "amplify and beautify light," as Rheinstein put it. She included gilt, lacquer, and bronze as favorites—and mirrors, especially when aged. Let go of the idea of a mirror just showing reflections. Antiqued versions with gentle discoloration (desilverizing)—natural or applied—add an expanse of light, and the mottled appearance lends a sense of mystery. ■



•THE VISIONARIES OF VEG pages 136-149

Recipes by Susan Spungen from
her book *Veg Forward*.

Heirloom Tomato Tart

HANDS ON 20 min.

TOTAL TIME 2 hr.

- 1 cup (128 g) all-purpose flour,
plus more for rolling dough
- 1 cup (120 g) light rye flour*
- 1 tsp. granulated sugar
- ½ tsp. kosher salt
- ¼ tsp. cayenne pepper
- 1 Tbsp. fresh thyme leaves
- 8 Tbsp. (113 g, 1 stick) cold
unsalted butter
- 10 oz. soft goat cheese, divided
- ¾ cup (59 ml) ice water, plus
more if needed
- ¾ cup ricotta, preferably fresh
- 2 to 4 Tbsp. whole milk
- Extra virgin olive oil
- 1 large egg yolk
- 1 Tbsp. heavy cream
- ½ oz. Parmesan cheese, finely
grated (2½ Tbsp.)
- 3 to 4 assorted heirloom
tomatoes (about 2 lb.)
- Flaky salt and freshly
ground black pepper
- Fresh basil leaves, left whole
if small; otherwise, shredded

1. To make the dough: Combine both flours, sugar, kosher salt, cayenne pepper, and thyme in a food processor. Pulse to combine. Cut the butter into tablespoon-size pieces and toss into the bowl along with 3 oz. goat cheese. Pulse until butter is broken down into almond- to

pea-size pieces. Transfer to a wide bowl; continue to break down the butter by combing your hands through the flour mixture and flattening the butter chunks between your fingertips (work quickly to keep the butter cold).

2. When there are no more large chunks of butter left, drizzle in the ice water. If the dough is too dry and crumbly, dribble in a tiny bit more water. Knead once or twice, then form into a rough rectangle and wrap in plastic wrap. Press down and use a bench scraper to form it into an even better rectangle, 1 to 1½ inches thick. Refrigerate for at least 1 hour and up to 2 days. When ready to use, soften dough about 30 minutes before attempting to roll out.

3. Heat the oven to 400°F with a rack in the middle of the oven. Roll out the dough on a lightly floured 12×16-inch piece of parchment paper, taking care to retain the roughly rectangular shape. Roll from the center out, flouring as needed until you have an 11½×15-inch rough rectangle. Pick up the parchment by opposite corners and transfer to a baking sheet. Pop it back into the refrigerator to chill while you make the cheese filling.

4. To make the filling: Combine the remaining 7 oz. goat cheese, the ricotta, 2 Tbsp. of the milk, and 1 Tbsp. olive oil in a food processor and process

until smooth. Add more milk by the tablespoonful if needed until it has the consistency of smooth cake frosting.

5. To assemble and bake the tart: Prick the dough all over with a fork. In a small bowl combine the egg yolk and heavy cream, beating with a fork. Brush the entire surface of the dough with the egg wash and sprinkle evenly with the Parmesan. Bake for 15 to 20 minutes or until deep golden brown all the way to the center. Cool completely on the baking sheet.

6. Using an offset spatula or the back of a spoon, spread the cheese mixture over the crust, leaving a narrow border. Slice the tomatoes and layer them randomly on top of the cheese. Season with flaky salt and pepper, drizzle with olive oil, and sprinkle with basil. Serve at room temperature. Serves 4.

***TIP** If you don't have rye flour, try whole wheat or use only all-purpose flour.

PER SERVING 540 cal, 35 g fat (19 g sat fat), 105 mg chol, 479 mg sodium, 42 g carb, 4 g fiber, 5 g sugars, 17 g pro

Grilled Zucchini with Whipped Ricotta, Calabrian Chili, and Almonds

START TO FINISH 30 min.

- 8 baby zucchini* (2 lb.), sliced in half lengthwise and scored
- Kosher salt and freshly ground pepper
- Olive oil
- 1 Tbsp. finely chopped jarred Calabrian chiles or paste
- 1 cup ricotta
- 1 Tbsp. milk or more as needed
- ½ cup whole raw almonds, very coarsely chopped
- ½ cup loosely packed herbs, such as mint and basil; some chopped and some whole leaves
- Flaky salt

1. To prep the zucchini: Sprinkle the zucchini evenly with kosher

Baby zucchini have tender flesh and a milder flavor than more grown-up summer squash.

salt and pepper, then drizzle with 1½ Tbsp. olive oil to coat.

2. To make the chili oil: Stir together Calabrian chiles and 1½ Tbsp. olive oil in a small bowl.

3. To make the whipped ricotta: Combine the ricotta, milk, a drizzle of olive oil, and ¼ tsp. kosher salt in a food processor and process until smooth. Add more milk if necessary if the ricotta is too thick, until it looks like spreadable frosting.

4. To toast the almonds: Place a small skillet over medium-low heat. Add 1 Tbsp. olive oil and the almonds to the pan and cook until golden brown, 4 to 6 minutes. Drain on paper towels and sprinkle with flaky salt.

5. To grill the zucchini: Grill the zucchini over a medium fire, starting with the cut side down, for 2 to 3 minutes per side, until they're seared with grill marks and look softer and juicier.

6. To assemble: Spread the whipped ricotta on a large platter. Top with zucchini, then drizzle with the chili oil and sprinkle with almonds and herbs. Season with flaky salt and black

pepper to taste. Serve warm or at room temperature. Serves 6.

***TIP** Baby zucchini, about 6 inches long, work especially well here, but if you can't find those, use the smallest ones you can find, with the firmest texture and the fewest seeds. If you have only larger ones, split them in half lengthwise and grill for as long as it takes to get the flesh softened and juicy and nicely marked by the grill. Cut into smaller pieces for serving.

NOTE To roast the zucchini in the oven instead, place them cut side down on a baking sheet

and cook for 15 to 20 minutes at 450°F.

PER SERVING 252 cal, 21 g fat (5 g sat fat), 20 mg chol, 351 mg sodium, 11 g carb, 3 g fiber, 5 g sugars, 8 g pro

Triple-Sesame String Beans

START TO FINISH 20 min.

- 2** tsp. kosher salt
- 12** oz. green beans,* trimmed
- 2** Tbsp. plus 2 tsp. sesame seeds, preferably unhulled
- 1½** tsp. sugar, preferably superfine

- 2** Tbsp. low-sodium soy sauce or more to taste
- 1** Tbsp. unseasoned rice wine vinegar

- 2** Tbsp. tahini
- 1** Tbsp. white miso
- 1** Tbsp. dark sesame oil
- 1** Tbsp. water

Big handful fresh shiso [an aromatic herb used in Japanese cooking], basil, or mint, shredded (about ½ cup)
Flaky salt

1. Bring a large saucepan of water to a boil and add the kosher salt. Drop the green beans into the pot, return to a boil, and cook for 1 to 2 minutes until bright green. Drain and refresh in a bowl of ice water. When cool, drain again and pat dry on a double thickness of paper towels. Cut each bean in half lengthwise. They don't have to be perfect, and don't bother slicing any tiny ones.

2. Heat a small skillet over medium heat. Add the sesame seeds and toast, tossing frequently until a shade darker and smelling toasty, 2 to 3 minutes. Set aside 2 tsp. for the garnish.

3. Transfer to a bowl to cool slightly, then use a food processor (preferably a mini one) or a mortar and pestle to grind the seeds to a coarse powder (it should retain some texture). Return the seeds to the bowl and mix in the sugar, soy sauce, vinegar, tahini, miso, sesame oil, and 1 Tbsp. water.



4. Pour the dressing over the green beans just before serving. Toss in the herbs and sprinkle flaky salt and the reserved sesame seeds over top. Serves 4.

TIP You can use sugar snap peas, either in combination with string beans or on their own. Sliver them lengthwise before cooking until they turn bright green, which will take only about 10 seconds.

MAKE AHEAD If you want to prep this salad ahead of time, make the sauce and cook the beans as directed. Wrap the beans in paper towels and refrigerate both separately until ready to serve. Combine the beans, sauce, and herbs just before serving.

PER SERVING 154 cal, 11 g fat (2 g sat fat), 629 mg sodium, 12 g carb, 3 g fiber, 5 g sugars, 5 g pro

Arborio-Stuffed Tomatoes with Olives and Herbs

HANDS ON 30 min.

TOTAL TIME 1 hr. 20 min.

- 6 medium (baseball-size) beefsteak tomatoes, ripe but firm
- 1½ Tbsp. olive oil, plus more as needed
- 1 small onion, minced
- 3 garlic cloves, minced
- 1 tsp. fresh thyme leaves, chopped, or ½ tsp. dried thyme
- 1 Tbsp. tomato paste
- 1 cup Arborio rice
- ½ cup dry white wine
- ¾ tsp. kosher salt, plus more to taste
- Freshly ground pepper
- 6 large basil leaves, cut into strips
- ½ tsp. Calabrian chili paste; 2 Calabrian chiles, minced; or big pinch of red pepper flakes (optional)
- ¼ cup pitted oil-cured black olives, chopped
- 1 cup small cherry tomatoes (optional)
- 1 oz. Taleggio or Fontina cheese (optional), cut into small pieces

1. Heat the oven to 375°F, with a rack in the middle. Cut a thin

slice off the top of each tomato and reserve. Cut along the wall of each tomato, leaving a ¼-inch thickness around the side. Using a melon baller, a spoon, or your fingers, hollow out the inside of the tomato into a blender or food processor. If necessary, cut a very thin slice off the bottom of each tomato so it sits flat. Set the hollowed tomatoes aside. Puree the tomato pulp until smooth and push through a sieve to strain out the seeds.

2. Heat a large (12-inch) skillet or wide, shallow saucepan over medium heat. Add the oil and sauté the onion until softened, 5 to 6 minutes. Add the garlic and thyme and cook for 3 to 4 minutes.

3. Add the tomato paste and cook for 2 minutes, stirring constantly. Add the rice and a drizzle of oil and cook, stirring, for 2 minutes more. Add the wine and cook, stirring, until evaporated, about 1 minute.

4. Measure the tomato pulp; you'll need 3 cups. Add water if you have less than that. Add the liquid to the rice, along with salt and pepper to taste; bring to a boil and reduce to a steady simmer. Cook for about 20 minutes, until the rice is still slightly al dente and just thick enough to mound a bit (it should not be completely soupy); stir occasionally the last 10 minutes of cooking to prevent sticking. Stir in the basil, Calabrian chili paste, and olives. Adjust the seasonings.

5. Arrange the tomatoes in a baking dish and spoon the rice mixture into them, dividing it evenly. Add ¼ cup water to the baking dish. At this point, you can top the tomatoes with the reserved lids or add some whole or halved cherry tomatoes to the top and drizzle with a little oil. Bake for 40 to 50 minutes, until the tomatoes start to slump and



Calabrian Peppers

This spicy, smoky chile hail from the Calabria region of Italy and is used fresh or dried locally. In supermarkets, you'll also find them pickled or crushed into a paste with oil, vinegar, and salt.

the edges look juicy. If using the cheese, remove the pan from the oven in the last 5 minutes and dot the tops of the tomatoes with the cheese. Return to the oven to finish baking. Serve hot or at room temperature. Serves 6.

MAKE AHEAD You can cover and refrigerate the baked stuffed tomatoes for up to 1 day. To reheat, place the tomatoes in a baking pan and drizzle 1 to 2 Tbsp. water around them. Cover with foil and bake in a preheated 350°F oven 15 to 20 minutes. Uncover and bake for 10 minutes longer, until heated through.

PER SERVING 178 cal, 5 g fat (1 g sat fat), 287 mg sodium, 27 g carb, 2 g fiber, 5 g sugars, 3 g pro

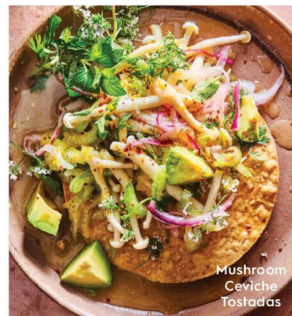
Recipes by Andrea Gentl from her book *Cooking with Mushrooms*.

Mushroom Ceviche Tostadas

HANDS ON 30 min.

TOTAL TIME 1 hr.

- 1 Tbsp. extra virgin olive oil, plus more for drizzling
- 7 oz. (200 g) white or brown beech (Bunapi) mushrooms, trimmed
- ½ tsp. Himalayan pink salt, plus more to taste
- ½ large red onion, thinly sliced into half-moons
- Juice of 4 limes (about ½ cup/80 ml)
- 2 Meyer lemons, 1 zested and juiced, 1 zested and supremed*



Mushroom Ceviche Tostadas

- 1 tsp. dark brown sugar
- ¼ jalapeño, seeded and finely chopped (optional)
- ½ cup (10 g) fresh mint leaves, gently torn
- ½ cup (10 g) fresh cilantro leaves, gently torn
- 1 Tbsp. fresh oregano leaves (about 2 sprigs)
- ½ cup (35 g) salted capers, rinsed well and patted dry
- ¼ tsp. Aleppo pepper
- ½ cup (30 g) very thinly sliced celery (use a mandoline if you have one)
- 1 large avocado, cubed
- Flaky sea salt, such as Maldon
- 1 1-lb. (455 g) pkg. tostadas

1. In a cast-iron skillet or small Dutch oven, heat the oil over medium-low heat. Add the mushrooms and ¼ tsp. of the pink salt and cook, stirring constantly, until they release their juices, 3 to 5 minutes (they should still retain their form). Remove from heat and set aside.

2. Place the onion slices in a large bowl. Add the lime juice, lemon zest, lemon juice, lemon segments, sugar, and remaining ¼ tsp. pink salt, tossing to coat. Add the jalapeño (if using). Cover and let sit for at least 10 minutes to cure the onions.

3. Add the mint, cilantro, oregano, capers, Aleppo pepper, celery, and mushrooms, gently tossing to combine. Let sit for another 15 minutes. Gently toss in the avocado just before serving. Add pink salt to taste (the capers are salty, so you

SCHOOL'S IN SESSION

As summer slips into fall, start your school year off strong! **Monica Chavez**, DIY, crafting, and garden-design blogger of **House of Esperanza**, shares her favorite ways to stay on track in a new school year, so kids are excited for classes. Here are her top tips for the first day of school.



↑
Monica Chavez,
blogger of *House
of Esperanza*

- 1. PREPARE A LANDING ZONE** for school work/projects that come home in an easily-accessible place for everyone. This could be a box or bin that you already have. Cover a box in fabric or let young kids draw on a box to make it a fun experience.
- 2. BUY BULK SNACKS** and organize them at the beginning of the week. Package them inside storage bags; keep in a place where even the kids can grab a bag each day if they love to pack their own things.
- 3. GET ORGANIZED** using a fabric closet-hanging shoe organizer to plan daily outfits, with the kids' help of course. This involves the kids and cuts down on chaotic mornings and decision making on the day of.
- 4. KEEP IT CLEAN** by including a small waste bag in your car for miscellaneous trash that will no doubt accumulate during the week's pick-ups and drop-offs.
- 5. LABEL, LABEL, LABEL** If your kids are young, mark jackets and coats with their name using a laundry marker pen, peel-and-stick labels, or even a permanent marker. Label all at once during school prep time. This will help recover any lost clothing kids might leave behind throughout the school year.



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may not need any). Finish with a drizzle of oil and some flaky salt.

4. Serve the ceviche on the tostados. Serves 4.

TIP To supreme lemons (or any citrus fruit), start by trimming the ends with a very sharp knife. Set one of the flat ends on a cutting board and remove the peel by following the curve of the fruit. Next, working from the outside toward the center, slice the fruit into sections, cutting as close to the membranes as you can and taking care to keep segments intact. Transfer the segments to a bowl as you work, and then squeeze the membranes over the bowl to capture the juice.

PER SERVING 313 cal, 20 g fat (5 g sat fat), 857 mg sodium, 31 g carb, 5 g fiber, 4 g sugars, 5 g pro

Shiitake Kofta

HANDS ON 30 min.

TOTAL TIME 1 hr. 30 min.

Andrea makes her own spice blend for these Middle Eastern-spiced patties, but we found her recipe works just as well substituting store-bought shawarma seasoning.

Spice Mix

- 1 Tbsp. coriander seeds
- ¼ tsp. black peppercorns
- 2 tsp. cumin seeds
- 2 tsp. fennel seeds
- ½ tsp. Himalayan pink salt
- ½ tsp. ground Kashmiri chile
- ½ tsp. paprika
- ¼ tsp. ground cinnamon
- ¼ tsp. ground cloves
- ¼ tsp. freshly grated nutmeg

Kofta

- 1 lb. (455 g) fresh shiitake mushrooms, minced
- 1 cup (40 g) chopped fresh cilantro (about 1 small bunch)
- 1 small shallot, minced
- 2 garlic cloves, minced
- 1 inch (3 cm) nub fresh ginger, peeled and grated
- 1 tsp. red miso paste
- ½ cup (45 g) chickpea flour
- 2 large eggs
- 1 Tbsp. extra virgin olive oil or ghee
- ½ tsp. honey
- ½ tsp. Himalayan pink salt
- Chickpea flour, for dredging

- 2 Tbsp. extra virgin olive oil or ghee
- Coarse salt and freshly ground black pepper

1. Make the spice mix: In a dry cast-iron skillet over medium-low heat, toast the coriander seeds, peppercorns, cumin seeds, and fennel seeds until fragrant, 2 to 3 minutes, tossing and watching closely so they don't burn. Remove from the pan and let the spices cool, then crush them with a mortar and pestle or with the side of a chef's knife. Stir in the ½ tsp. pink salt, the chile, paprika, cinnamon, cloves, and nutmeg.

2. Make the kofta: In a large bowl, combine the spice mix, shiitakes, cilantro, shallot, garlic, ginger, miso, chickpea flour, eggs, 1 Tbsp. oil, the honey, and ½ tsp. pink salt. Cover; refrigerate to firm up for 1 hour or up to 1 day.

3. Fry the kofta: Form the mixture into 1½- to 2-inch (4 to 5 cm) rounds (you should get 12 to 15) and set on a baking sheet. Press into small patties, taking care not to flatten them too much. You want them to remain rounded and relatively small; if they're too flat, they will break apart and crumble. Gently dredge both sides of each patty in chickpea flour.

4. In a cast-iron or nonstick skillet, heat the 2 Tbsp. oil over medium-low heat until it shimmers. Working in batches if needed, fry the patties until the undersides are crisp, 3 to 5 minutes. Flip and fry on the other side for another 3 to

5 minutes. Transfer to a wire rack or paper towels to drain and season with coarse salt and pepper before serving. Serves 4 to 6.

PER SERVING 254 cal, 15 g fat (2 g sat fat), 93 mg chol, 853 mg sodium, 22 g carb, 6 g fiber, 6 g sugars, 10 g pro

Mushroom Bourguignon

HANDS ON 35 min.

TOTAL TIME 2 hr.

30 min.

Cremini mushrooms are a budget-friendly choice for the foundation of this rich stew, but you can also use maitake, oyster, or chestnut mushrooms.

- 3 Tbsp. all-purpose flour
- ½ tsp. Himalayan pink salt, plus more to taste
- ½ tsp. coarsely ground black pepper, plus more to taste
- 2 lb. (910 g) fresh cremini mushrooms, trimmed and halved (or quartered if large)
- 8 Tbsp. (4 oz./115 g) unsalted butter
- 2 shallots, coarsely chopped
- 10 garlic cloves, smashed and peeled, plus 2 large heads garlic, halved horizontally
- ½ lb. (225 g) pearl onions, trimmed
- 2 large carrots, cut into 1½-inch (4 cm) pieces, or 1 bunch small organic carrots, trimmed
- 2 cups (480 ml) red wine or



- orange wine with a little funk
- 2 tsp. sherry vinegar
- 5 cups mushroom broth
- 2 Tbsp. colatura di alici (or fish sauce, such as Red Boat)
- 2 Tbsp. tomato paste
- ½ cup (20 g) coarsely chopped fresh flat-leaf parsley, plus more for garnish
- 2 fresh bay leaves or 1 dried Coarsely chopped fresh oregano leaves, for garnish (optional)

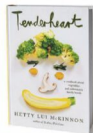
- 1.** Position a rack in the bottom third of the oven and preheat to 300°F (150°C).
- 2.** On a large sheet pan toss the flour, salt, and pepper with your hands to combine. Dredge the mushrooms in the flour mixture.
- 3.** In a heavy-bottom ovenproof pot [Andrea uses a Dutch oven], heat 2 Tbsp. of the butter over medium heat until melted. Cook about one-third of the dredged mushrooms in an even layer until browned on one side, 2 to 3 minutes. Flip and cook until

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Prep Your Pet

Presented by Blue Buffalo



With the crisp, cool air of the fall season approaching, our furry family members may develop more energy as we leave the warmer, slower months behind — which also means increasingly busy schedules for the whole family, including back-to-school. Here are some ways to Prep Your Pet, keeping them active and healthy as life jumps back full force.

1 Schedule Daily Walks:

Keep them active on walks through the neighborhood — like to the bus stop! If time is limited, play some fetch in the backyard for at least 15 minutes a day with their favorite toy.

2 Gear Up:

Make sure to check their collar and look for any signs of wear and tear — and the right fit. Fitting two fingers between the collar and neck is key. Light jackets are a must-have for those cooler days to keep them cozy.

3 Treat Every Day Like A Welcome Home:

When the kids come home from school, what's better than seeing them reunited with your four-legged best friend? Give your dog a BLUE treat, with natural and healthy ingredients. It's a shared joy that turns any day into a special occasion.



browned on the other side, 1 to 2 minutes longer. With a slotted spoon, transfer the mushrooms to a plate and set aside. Repeat to brown remaining mushrooms in two more batches, using 2 Tbsp. butter for each.

4. Melt the remaining 2 Tbsp. butter in the same pot. Add the shallots, smashed garlic, onions, and carrots, and sauté until soft, about 3 minutes. Add the wine, vinegar, broth, colatura, tomato paste, parsley, bay leaves, and sautéed mushrooms to the pot. Bring to a simmer and cook for 5 minutes (just enough to bring everything together), then tuck halved heads of garlic into pot.

5. Transfer to the bottom half of the oven and braise for 1 hour, 30 minutes.

6. Before serving, remove and discard the garlic heads and bay leaves. Season the stew with more salt and pepper. Serve garnished with chopped parsley and oregano leaves (if using). Serves 6.

PER SERVING 314 cal, 16 g fat (10 g sat fat), 41 mg chol, 1,208 mg sodium, 25 g carb, 4 g fiber, 8 g sugars, 10 g pro

Recipes by Hetty Lui McKinnon from her book *Tenderheart*.

Carrot Peanut Satay Ramen

START TO FINISH 25 min.

Use four 3-oz. packages of instant ramen noodles (or a gluten-free option) to make this quick soup.

- 1 to 2 Tbsp. neutral oil
- 2 garlic cloves, finely chopped
- 1½ inch (4 cm) piece of ginger, peeled and finely chopped
- 3 carrots (about 9 oz./250 g), scrubbed and coarsely grated
- 1 tsp. sea salt
- ¾ tsp. sugar
- ¾ cup (200 g) creamy peanut butter
- 32 oz. (1 liter) vegetable stock
- 12 oz. (340 g) instant or ramen noodles

- 4 tsp. sugar
- 2 tsp. soy sauce or tamari
- 4 tsp. rice vinegar
- 4 tsp. double sesame oil
- 4 tsp. doubanjiang or chili oil
- Handful of Asian greens, such as baby bok choy, tatsoi, or choy sum, washed and patted dry, leaves picked
- Handful of cilantro leaves
- 2 green onions, sliced
- ¼ cup roasted peanuts, chopped
- 4 soft-boiled eggs,* halved (optional)

1. Heat a saucepan over medium-high heat. Drizzle with the oil and add the garlic and ginger. Cook for 1 minute until fragrant, then add the carrots, salt, and ½ tsp. sugar, and cook for 3 to 5 minutes, until the carrot is softened and starting to caramelize. Add the peanut butter and vegetable stock, and stir. Bring to a boil, then reduce the heat to low; cover and simmer for 5 minutes. This is a textured soup base—if you prefer it smooth, use a stick blender to puree.

2. Meanwhile, bring a large saucepan of salted water to a boil. Add the noodles and cook according to the package directions; drain.

3. Lay out four bowls. In each bowl, add the following seasonings: 1 tsp. sugar, 2 tsp. soy sauce, 1 tsp. rice vinegar, 1 tsp. sesame oil, and 1 tsp. doubanjiang. Whisk to combine.

4. Add your greens to the broth; cook for 30 seconds, then immediately pour the broth and greens into the four bowls on top of the seasonings, dividing equally. Stir to combine. Divide the noodles among the bowls, top with the cilantro leaves, green onions, peanuts, and soft-boiled eggs (if desired).

Serve immediately. Serves 4.

***MAKE IT VEGAN** Substitute sliced tofu for eggs if you like.

PER SERVING 880 cal, 53 g fat (15 g sat fat), 2,473 mg sodium, 81 g carb, 8 g fiber, 18 g sugars, 25 g pro

Broccoli Forest Loaf

HANDS ON 15 min.

TOTAL TIME 1 hr. 25 min.

- 1 small head of broccoli (about 9 oz./250 g), cut into large florets
- 1½ cups (185 g) all-purpose flour or gluten-free flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. ground turmeric
- ½ tsp. chili powder
- 1 Tbsp. sugar
- 1½ cups (170 g) grated cheddar*
- 1 bunch of chives (about 1 oz./25 g), finely chopped
- ½ cup (65 g) black or green olives, pitted and roughly chopped
- ½ cup (120 ml) extra virgin olive oil
- ¾ cup (150 g) sour cream*
- 1 large egg*

1. Preheat the oven to 350°F (180°C).

2. Bring a saucepan of salted water to a boil. Add the broccoli and cook for 2 minutes, then drain immediately and run under cold water until completely cool to stop it from cooking further.

3. Grease and line an 8×4-inch (20×10 cm) loaf pan with parchment paper.

4. Place the flour, baking powder, baking soda, turmeric, chili powder, and sugar in a large bowl and whisk well to combine. Fold in the cheddar, chives, and olives.

5. In another large bowl, whisk together the olive oil, sour cream, and egg until smooth.

6. Fold the dry ingredients into the wet ingredients and mix until just combined. Pour the batter into the prepared pan.

7. Press the broccoli into the batter so the florets are standing up like trees (you may have a few pieces left over—snack on those!). Bake for 1 to 1½ hours, until the top is golden and an inserted skewer comes out clean. Let cool in the pan for 10 minutes, then turn out onto a wire rack to cool completely before slicing. Serves 6.

STORAGE Place any leftovers in an airtight container or wrap tightly in plastic wrap; store in the fridge up to 2 days. To reheate, slice and warm in the oven or toaster.

***MAKE IT VEGAN** Use vegan cheese and sour cream; replace the egg with flax egg.

PER SERVING 475 cal, 35 g fat (11 g sat fat), 73 mg chol, 589 mg sodium, 31 g carb, 2 g fiber, 4 g sugars, 12 g pro

Roasted Potato and Lentil Salad with Black Sesame Aioli

START TO FINISH 40 min.

- 2¾ lb. (1.25 kg) potatoes, such as Yukon gold, peeled and cut into ¾- to 1¼-inch (2 to 3 cm) pieces
- Extra virgin olive oil
- Sea salt and black pepper
- 1 cup (200 g) Puy (French) or black lentils
- 1 garlic clove, peeled
- 2½ Tbsp. black sesame seeds
- ½ cup (125 g) vegan or regular mayonnaise
- 1 garlic clove, grated
- 4 tsp. extra virgin olive oil



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- Recipes by Claire Ptak from her book *Love Is a Pink Cake*.

Steep the peach leaves in quick batches, just 30 seconds per handful, to keep the custard from tasting vegetal.

PHOTO: (PEACHES) ANDY LYONS. COOKING LEAVES AND GRAPE SLAB PIE (PAGE 174) PHOTOS AND CLAIRE PTAKE'S RECIPES REPRINTED FROM LOVE IS A PINK CAKE: IRRESISTIBLE BAKES FOR MORNING, NOON, AND NIGHT BY CLAIRE PTAKE. PHOTOGRAPHS COPYRIGHT © 2023 BY MAREN CARUSO, USED WITH PERMISSION OF THE PUBLISHER, W. W. NORTON & COMPANY, INC. ALL RIGHTS RESERVED.



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into a small bowl, reserving the egg whites for another use (they freeze well). Add the cream and 2 Tbsp. sugar to a heavy-based saucepan and place over medium heat until foaming and hot but not boiling. Take a handful of peach leaves and steep them in the steaming cream for about 30 seconds (photo, page 170). Dunk them and stir them around as they steep, then remove and discard the used leaves before adding another fresh handful. Repeat until all leaves have been used and the cream is a pale shade of green. To achieve the bright, fresh, peach-leaf flavor, you must work swiftly. Leaving the leaves for too long in the custard makes the flavor undesirable.

2. Next temper the egg yolks with a few tablespoons of the warm cream, whisking until smooth. Add the tempered yolks back into the remaining cream, moving a heatproof spatula or wooden spoon along the bottom of the pan continuously. As soon as the custard thickens on the bottom of the pan, turn off the heat and stir in the salt; pour the custard through a strainer and into a jug. Chill completely.

PER SERVING OF TARTE TATIN AND CUSTARD 514 cal, 29 g fat (15 g sat fat), 102 mg chol, 271 mg sodium, 61 g carb, 4 g fiber, 37 g sugars, 9 g pro

Roasted Plum and Brown Sugar Buttercream Cake

HANDS ON 45 min.

TOTAL TIME 1 hr. 45 min.

Making this cake is “a love process,” Claire says. To manage the prep, she suggests baking and filling the cake up to 24 hours ahead, then making the frosting and icing the cake on the day you want to serve it.

For the plums:

- 2** lb. 4 oz. (1 kg) plums
- 1** vanilla bean pod
- ½** cup (100 g) sugar

For the sponge cake:

- 3½** cups (490 g) all-purpose flour
- 4** tsp. baking powder
- 1½** tsp. fine sea salt
- 1½** sticks (170 g) unsalted butter, softened
- 2½** cups (300 g) caster or superfine sugar
- ½** cup (120 g) sunflower or vegetable oil
- 4** eggs
- 1½** cups (320 g) whole milk
- 1** Tbsp. vanilla extract

For the mascarpone filling:

- 14** oz. (400 g) mascarpone
- ¾** cup + 2 Tbsp. (200 g) double cream or heavy cream
- 1** Tbsp. freshly squeezed orange juice
- ½** cup (60 g) icing sugar or powdered sugar, sifted

For the buttercream:

- 2** cups (450 g) unsalted butter
- 5** egg whites
- 1½** cups (330 g) packed dark brown sugar
- ½** tsp. salt

- 1.** Preheat the oven to 425°F. Cut the plums into quarters and arrange cut side up in a roasting tray. Scrape the seeds of the vanilla pod over the plums and tuck the pod between some of the plums as well. Scatter the sugar over, then cover with foil and bake for 15 minutes. Remove the foil and bake further for 10 to 15 minutes or until the plums are starting to fall apart, are catching a little on the edges [beginning to darken], and are filling your kitchen with that delicious smell. Remove from the oven and allow to cool completely.
- 2.** Reduce the oven temperature to 340°F. Grease and line three 8-inch cake tins.



“Roasting fruit, whether it’s plums, rhubarb, quince, or apricots, concentrates the flavor quickly without overcooking the fruit.”

—CLAIRE PTAK

- 3.** Whisk together the flour, baking powder, and salt.

- 4.** Put the 1½ sticks butter, the sugar, and oil in the bowl of a stand mixer; cream until light and fluffy. Add eggs one at a time, beating after each addition.

- 5.** Add half of the dry flour mixture to the creamed butter and sugar and mix well. Then add the milk and vanilla and mix well. Scrape down the sides thoroughly and add the remaining dry ingredients to the bowl. Mix well to incorporate all of the ingredients, but do not overmix or this will make your cake tough.

- 6.** Divide the batter among the cake tins and bake for 30 to 40 minutes. The cakes should be starting to look golden and feel springy to the touch, and an inserted skewer should come out clean. Cool on wire racks 10 minutes. Remove from pans and cool cakes completely on wire racks.

- 7.** While cakes are baking, prepare the mascarpone filling. Simply whisk mascarpone, double cream, orange juice, and icing sugar together until just fluffy, being careful not to overmix. Chill until ready to use.

- 8.** Next prepare the brown sugar buttercream if serving that day. Beat the 2 cups butter in the bowl of a stand mixer until soft and pale; set aside. Whisk the egg whites, brown sugar, and salt together in a separate mixing bowl* over a

bain-marie or in a double boiler until the brown sugar is



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dissolved, the mixture is frothy, and it reaches 165°F.

- 9.** Fit the bowl to your mixer and whisk until cooled down and stiff peaks form. This can take a little while. You can also turn your mixer off and let it cool 20 minutes or so. Switch to a paddle and add the butter in batches, stopping the mixer occasionally to scrape down the sides of bowl. Don’t be afraid if the mixture breaks halfway through. Once you switch from the whisk to the paddle attachment, the buttercream should smooth out. Cover and set aside until ready to use.

- 10.** Once the cakes are completely cool, you can begin to assemble. Line a deep 9-inch cake tin with cling film [plastic wrap], place one layer of cake inside the lined tin, and fill a piping bag with some of the buttercream. Pipe a ring of buttercream around the edge of the cake layer. Spoon half the mascarpone inside the ring of buttercream and cover with half of the roasted plums, then repeat with the second layer of cake, border of icing, mascarpone filling, and plums.

- 11.** Place the final layer of cake into the tin and bring the sides of the cling film up. Refrigerate the cake for at least an hour and up to 24; this will make it much easier to ice.

- 12.** Remove the cake from the fridge; transfer from the pan onto a plate or stand. Take off the cling film; ice the top and sides with the rest of your brown sugar buttercream using an offset spatula. Keep at room temperature until serving. Store leftover cake in the fridge up to 3 days. Serves 12.

***TIP** If you don’t have two mixing bowls, transfer beaten butter to



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a separate bowl and set aside. Wash and dry the mixer bowl thoroughly before continuing with the egg white mixture. Even a tiny amount of fat will keep whites from beating stiff.

PER SERVING 828 cal, 51 g fat (27 g sat fat), 165 mg chol, 465 mg sodium, 86 g carb, 1 g fiber, 62 g sugars, 8 g pro

Grape Slab Pie

HANDS ON 40 min.

TOTAL TIME 5 hr. 15 min.

Claire calls for a 9×13-inch pan with a 1-inch depth—also known as a quarter-sheet pan. You can find them at restaurant supply stores or use a 9×13×2-inch pan.

For the pastry:

- 4 cups (560 g) all-purpose flour, sifted
- 2 tsp. fine sea salt
- 3 sticks (340 g) unsalted butter, chilled
- 8 Tbsp. iced water
- 4 Tbsp. milk or cream, for brushing

- 4 Tbsp. caster or superfine sugar, for sprinkling

For the filling:

- 2 lb., 11 oz. (1.25 kg) ripe Concord or Fragola grapes (weight before removing stems)*
- 1 vanilla bean pod, split lengthways; seeds scraped
- Zest of 1 lemon
- 2 Tbsp. lemon juice
- $\frac{3}{4}$ cup (150 g) soft light brown sugar
- $\frac{1}{4}$ cup (50 g) caster or superfine sugar
- 5 Tbsp. corn flour or cornstarch
- $\frac{1}{2}$ tsp. fine sea salt
- A couple of gratings of fresh nutmeg
- 2 apples, peeled, cored, and chopped

1. Whisk together flour and salt in a large bowl. Add half the butter and cut in using a round-bladed knife or pastry cutter. Combine well using a cutting motion. Add the remaining butter and continue to mix until you have roughly pea-size pieces.

2. Sprinkle the iced water over (holding back the ice) and toss it through the mix as you go. The dough should start to become raggedy, and, eventually, when all the water is added, it will come together into a ball. Divide the ball in half, wrapping each piece in cling film [plastic wrap]. Pat into flat squares and rest in the fridge for at least 20 minutes or up to 24 hours. (Any longer than this, put it in the freezer.)

3. To make the filling, strip the grapes off the stems, then separate the skins from the pulp by pinching each grape to squeeze out the pulp into a heavy-based saucepan. Set skins aside. Add the scraped vanilla pod and seeds, plus the lemon zest, and heat gently until pulp is soft and beginning to separate from the grape seeds, about 10 minutes.

4. Pour the pulp through a mesh sieve placed over a bowl. Press through with a plastic pastry scraper or the back of a wooden spoon until all the pulp is in the bowl. Discard the seeds. Rinse and dry out the vanilla pod for another purpose. Add the lemon juice to the pulp.

5. In another large bowl, whisk together the sugars, corn flour, salt, and nutmeg. Slowly whisk the strained grape mixture into the sugar mixture and add the grape skins back in. Add the apples to the grape mixture.

6. Butter and flour a baking tray that measures 9×13 inches with a lip about 1 inch deep.

7. Roll out one square of pastry on a lightly floured surface to roughly 11×15 inches. Press the pastry down into the prepared baking tray, then chill in the fridge while you roll out the other piece. The second pastry sheet (which will form the top of the pie) can be rolled out to 9×13 inches. Remove the pastry-lined baking tray from the fridge and carefully fill it with the grape mixture. It can come right up to about $\frac{1}{4}$ inch shy of the



In-Season Concord Grapes

This pie calls for Concord grapes for their deep color; rich, iconic flavor (these are grape jelly grapes); and naturally high pectin content that is key to the filling. However, they are a slip-skin variety (the pulp separates easily from the outer skin), so they don't transport well and aren't widely available in stores.

Look for Concord in late summer through early fall at farmers markets or a pick-your-own orchard. Or check supermarkets for a Concord hybrid called Thomcords; they're seedless, so skip the deseeding steps and toss all filling ingredients together in this pie.

top of the tin, but don't let it overflow. Place the top layer of pastry onto the pie. Brush the pastry with milk. Fold or roll over the excess bottom pastry and pinch to seal. Use a knife to pierce the top of the pie a few times. Chill or freeze 20 minutes. 8. Preheat the oven to 400°F. Brush the edge and top of the pie with the milk or cream and sprinkle over the caster sugar. Line the bottom of your oven with foil to catch any drips, then bake the pie about 25 minutes. Reduce the heat to 350°F and



Grape Slab Pie

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bake another 35 to 45 minutes or until golden and the filling is bubbling up through the pastry. Cool for 3 hours before slicing. Serves 12.

TIP It's hard to top homemade Concord grape filling, but if you can't find them in-season, our BHG Test Kitchen used purchased jam. Combine $\frac{1}{4}$ cups Concord grape jam, 1 tsp. vanilla bean paste or vanilla extract, 2 tsp. lemon zest, $\frac{1}{2}$ tsp. fine sea salt, and grated fresh nutmeg. Fold in the apples. Fill pastry and bake as directed.

PER SERVING 518 cal, 24 g fat (15 g sat fat), 61 mg chol, 336 mg sodium, 72 g carb, 2 g fiber, 33 g sugars, 6 g pro

•THE IRANIAN TABLE pages 84-87

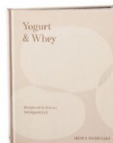
Recipes by Homa Dashtaki from her book *Yogurt & Whey*.

Fesenjan (Pomegranate and Walnut Stew)

HANDS ON 20 min.
TOTAL TIME 2 hr. 20 min.
An ancient recipe for a celebratory stew, this dish was once made with duck and is often prepared with chicken, but Homa grew up making it with beef meatballs.

- 1 lb. chopped walnuts
- 1 lb. ground beef
- 1 large yellow onion, minced
- 4 garlic cloves, minced
- 1 tsp. ground turmeric
- 1 tsp. kosher salt or more to taste
- $\frac{1}{2}$ tsp. freshly ground black pepper
- 1 Tbsp. vegetable oil
- $\frac{3}{4}$ to 1 cup pomegranate molasses
- Persian Rice (recipe, opposite), feta cheese, and fresh herbs, for serving

1. Preheat the oven to 350°F. Spread walnuts in a single layer on a rimmed baking sheet; toast until browned and fragrant, about 10 minutes, turning and tossing twice. (Toasting draws out their oils.) Cool completely, then transfer to the bowl of a food processor. Pulse several times, until the nuts are finely chopped but not a paste. They will help thicken the stew.
2. Combine the ground beef, onion, garlic, turmeric, salt, and pepper in a medium bowl. Form into 1-inch meatballs. (You should have 25 to 28.)
3. Heat the oil in a large skillet over medium-high heat. Cook the meatballs in batches, turning occasionally, until browned on all sides, 8 to 10 minutes per batch. Transfer to a paper towel-lined plate.
4. In a large pot combine 5 cups



YOGURT & WHEY
Homa Dashtaki shares traditional Iranian dishes and creative ways to use yogurt, with beautiful hand-drawn illustrations. \$40; www.norton.com

water and the ground walnuts. Bring to a boil, then reduce the heat to a steady simmer. Continue to simmer, stirring occasionally, until the walnuts soften into the water and are fully integrated, about 30 minutes.

5. Stir in $\frac{3}{4}$ cup of the pomegranate molasses and reduce the heat to maintain a gentle simmer. Simmer, stirring occasionally, until the broth is very thick and a layer of oil forms on top, 45 minutes to 1 hour longer. Taste for balance, adding up to $\frac{1}{4}$ cup more pomegranate molasses for a tarter pucker if desired. Just before serving, add the meatballs to the stew to heat through fully, 5 to 10 minutes.
6. Taste for salt, adding more if needed. Serve with Persian Rice, a few slices of feta, and fresh herbs (sabzi khordan; see page 87). Serves 6.

PER SERVING 911 cal, 61 g fat (9 g sat fat), 50 mg chol, 240 mg sodium, 74 g carb, 6 g fiber, 21 g sugars, 26 g pro

Maast-O-Moosir (Savory Leopoldia Yogurt)

HANDS ON 5 min.
TOTAL TIME 28 hr. 5 min.
There's no true substitute for the flavor of moosir, but the BHG Test Kitchen found that dried minced onion or dried shallot comes fairly close.

- 6 large or 9 medium slices dried moosir ($\frac{3}{4}$ oz.)
 - 1 qt. plain whole milk yogurt
 - 1 tsp. kosher salt, plus more to taste
1. Put the moosir in a small dish and cover with warm water. Let soak at least 4 hours, until plump and pliable. Drain and discard water. Finely mince the moosir.
 2. Put the yogurt in a medium bowl and stir in the salt. Taste and



Fesenjan
(Pomegranate
and
Walnut Stew)



Moosir LOVE

Homa's family goes through a gallon of the savory yogurt sauce Maast-o-Moosir each week. A sliced, dried flower bulb gives it its signature flavor.



What is Moosir?

While it looks, tastes, and is even labeled in the West as a dried shallot, moosir is actually the bulb of a relative of the grape hyacinth flower (*Leopoldia comosa*). The flavor is savory, earthy, and pungent.



Where to Buy It

Moosir is sold dried. Find it at Middle Eastern markets or online (try foodsforations.com).

add more salt if you like. You are aiming for a dip or sauce that packs a punch, as it will brighten whatever it accompanies. When you're satisfied with the saltiness, add the minced moosir. Cover; refrigerate at least 24 hours to intensify the flavors before

serving. Store in an airtight container in the refrigerator for up to 1 month. Makes 1 qt.

PER 2 TBSP. 23 cal, 1 g fat (1 g sat fat), 4 mg chol, 56 mg sodium, 2 g carb, 2 g sugars, 1 g pro

Tah-Diq (Persian Rice)

Parboil the rice first to soften it slightly, then steam the rice with butter until it's fluffy and the bottom develops a crunchy, golden crust. Homa doubles this recipe, using a 7½-qt. pot with a 12-inch diameter, to serve eight. **HANDS ON** 20 min.

TOTAL TIME 2 hr.

- 2 cups long grain basmati rice (do not substitute a different variety)
- 2 Tbsp. kosher salt, divided
- ¼ tsp. saffron (optional)
- 2 Tbsp. boiling water
- 3 to 4 Tbsp. unsalted butter, divided

1. Put the rice in a large bowl. Fill bowl two-thirds with water and wash the rice, giving it a little massage with your hands. Tip the bowl carefully to drain the water while leaving the rice in the bowl. Repeat this process twice more, until water runs clear. Rinsing rid the rice of excess starch (and any dirt) and is a simple but important step.

2. Cover the rice with cool water by 1 inch. Stir in 1 Tbsp. of the kosher salt and let it soak for at least 1 hour.

3. If you're planning to use the saffron, crumble it into a small heatproof bowl and pour in the boiling water. Set aside to steep for at least 20 minutes.

4. Half-cook the rice. Bring 5 to 6 cups fresh water to a boil over medium-high heat in a large, wide pot with a tight-fitting lid (do not use cast-iron). Gently drain the water from the soaking rice and rinse with cold water to get rid of the salt residue; drain again. Add the rice to the pot, making sure there is at least 1 inch of water above the rice. Add the remaining 1 Tbsp. kosher salt. Bring the water back to a simmer, stirring occasionally.

About 5 minutes later, check the rice for the half-cooked stage by doing the "squish test": Pluck a grain of rice out of the pot and squish it between your thumb and forefinger. If the grain of rice simply breaks in two, it's not ready yet and you should check again in 2 or 3 more minutes. What you want when you press the grain between your fingers is to kind of flatten it, revealing a spine of multiple hard pieces along the entire grain. You do not want to let it get fully translucent and soft—that will make the rice grains stick together and be soggy. When the rice is ready, drain it in a large fine-mesh strainer. If you are worried you have overcooked the rice, run some cold water over it. Rinse the pot thoroughly to remove any starchy residue.

5. Steam the rice to completion. Heat the same pot over medium-high heat until it is dry. Depending on the size of your pot, add 2 to 3 Tbsp. of the butter, enough so that when it melts, it covers the entire bottom of the pot with a healthy layer of fat. The butter will help crisp the bottom layer of the rice, creating a buffer between the flames and the rice.

6. Return the drained rice to the pot—still over medium-high heat—and use a wooden spoon to form a pyramid of rice.

Keeping the rice away from the edges as much as possible will help direct the steam the rice creates through the center of the pot. Use the handle of the spoon to make six holes around the pyramid and stuff roughly ½ tsp. of butter into each hole. Drizzle the precious steeped saffron liquid (if using) over the top of the pyramid, trying to get as much coverage as possible.

7. Lay a large, clean dish towel on the counter and place the pot lid face down in the center. Gather the edges of the towel around the lid and tie corners together on top. Place the now-insulated lid on the pot.

The towel absorbs steam and creates a tight seal. Cook the rice for 8 minutes to lock in a crispy crust on the bottom, then reduce heat to low. Cook for an additional 20 to 25 minutes, then remove from the heat. You should start to smell it about 5 minutes before it's ready—don't panic and turn off the heat; just let it keep going a touch longer. [Homa says beginners often take the rice off the heat too early, creating an underwhelming tah-diq. "Be brave!" she says.]

8. And now, for the moment of truth—the reveal to show how well the tah-diq came out. Each and every tah-diq is different. Remove the lid carefully, watching out for steam. Invert a serving platter or large plate over the top of the pot (the platter should be larger in circumference than the pot). Using oven mitts, grab the pot handles and platter at the same time and flip the pot over so the platter is on the bottom. Use the handle of a spoon or knife to gently tap the pot to loosen any rice that may be sticking to the roof of the pot. Carefully lift the pot off the platter in the most dramatic way possible. Serves 6.

PER SERVING 281 cal, 8 g fat (5 g sat fat), 20 mg chol, 188 mg sodium, 48 g carb, 4 g pro ■

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EMBRACING YOUR AGE

What's the secret to feeling vibrant? Appreciating the stage of life you're in. We asked some of our favorite role models of various ages to share their insights and wisdom about finding that inner peace and confidence.

ALICIA YOON, 41

"I'm loving my life, I feel so young, so vibrant, and I just feel like it's my best decade yet," says beauty entrepreneur and CEO of Peach & Lily Alicia Yoon. But for her, this decade isn't the pinnacle—it's one stop on an upward trajectory: "It's an awesome thing to be able to get older."

And that means focusing on health. "At every phase of our life," Alicia says, "we have to think, *What are we doing to preserve our health—mental,*

physical, spiritual?

THE POWER
OF *STRONG*,
OLDER ROLE
MODELS

It comes down to little daily choices to take care of ourselves. It's like clothing; if you

really take care of them, a good pair of jeans can hold up for decades."

Alicia cites her mother and mother-in-law as role models in



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YOON

CONTINUED

aging well. She says: “My 70-year-old mother-in-law is an inspiration to me. She doesn’t do anything drastic—no crash diets or boot camps. She’s consistent—she leans into her fitness with swimming and running and is strong, flexible, and fit. She brings such physical energy to each day, and the quality of her life is really high.

“My own mom is in her 70s and hasn’t felt the need to do Botox or fillers. Her goal is to preserve her natural skin health. She embraces the fact that her skin at its healthiest at 70 will look different from her skin at its healthiest when she was 20.

“I feel empowered when I make choices to preserve my own health. Youth is a mindset not a number. What’s so great about my 40s is that I can still keep that mindset by being curious about the world and bringing a vitality to my everyday life.”

MALLY RONCAL, 51

Mally Roncal had an epiphany when she turned 50. “I realized I have to care more about me, not just physically or spiritually or emotionally but all of the above,” says the founder of Mally Beauty.

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“My mom had breast cancer and went to be with the Lord when she was 49; I was only 17. The fact that she never saw 50—but I did—was a very powerful moment for

me. I have to live this life for her and the life she never got to see.”

For Mally, that meant dialing back on always putting others first. “Most of us women are conditioned to be people pleasers—we serve; that is what we do,” she says. “I have three teenage girls and a busy life and career. I’m always going a million miles an hour. Now I’ve reached the age where my self-care is my priority.”

Here are three mantras that help her do just that.

I DON’T WASTE ENERGY ON CARING WHAT OTHERS THINK.

“I used to worry: Am I hurting feelings? Am I being too much? Now I’m more like Sophia from *The Golden Girls*. You don’t like me? Move on.”

I WASH MY FACE BEFORE BED, NO MATTER WHAT.

“I feel passionate about some

rules when it comes to skincare. Even if I’ve had a late night out followed by a QVC show at 4 a.m., I always take my makeup off before bed. Bliss has two really good cleansers I use: Rose Gold Rescue Gentle Foaming Cleanser and Fab Foaming 2-in-1 Cleanser & Exfoliator.”

I BRING ADVENTURE AND CREATIVITY INTO EVERYTHING I DO.

“It’s easy to fall into a rut, eating the same things every day, wearing the same clothes. Stretching my creative abilities makes me feel confident and young, like I’m still growing. Sitting in front of the makeup table is my play space to think of new products everyone can use.”

“Women our age may look at younger women who are slaying it and think, Has the boat passed me? Absolutely not! Work the OG mentality; we have a lot of wisdom.”

MALLY RONCAL



PHOTO: COURTESY OF MALLY BEAUTY

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JUSTINE BATEMAN, 57

Justine Bateman—writer, director, producer, and author of *Face: One Square Foot of Skin*—has spent decades in and around Hollywood (maybe you remember her as Mallory, Alex P. Keaton's younger sister on *Family Ties*). It's an industry that can definitely challenge a person's self-image. That might be one reason Justine has such a grounded way of pushing through insecurity.

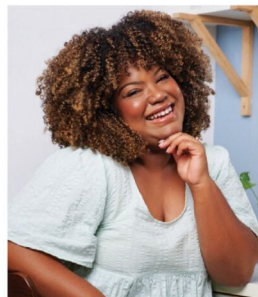
FACING
YOUR FEARS
CAN
MAKE YOU
HAPPIER

"Everyone has a completion to this sentence: 'If people think I look

old, then therefore ...' It might be that you'll lose your job, not find a mate, or not be listened to," Justine says. "Whatever fear that comes up was already inside you before your face started changing. Deal with that fear. You can apply this to anything. If I'm feeling insecure, I journal about it and figure out why; I get at that underlying fear. That's what my film *Violet* is about.

"Are you living a life that has a foundation of fear-based or instinct-based decisions? You can get from one kind of life to the other. In exposing your core fears, by writing them down or saying them out loud, they'll start to erode, and you'll see that the truth is the opposite of the fear.

"As we get older, we should be even more confident that everything will work out."



CAROLINA CONTRERAS, 36

Entrepreneur, salon owner, and activist for celebrating curly hair, Carolina Contreras knows herself well enough to know exactly what tactics to employ in moments of low self-esteem. "Depending on how bad I am feeling, I will do one or two of these things—or all four," she says. Her go-to boost list:

I VIDEO-CHAT WITH MY SISTER.

"She always has something motivating to say. Or I hop on the group chat with my girlfriends and let them know how I feel, because they just know what to say."

I LET MY HAIR OUT BIG.

"Something about letting my big Afro expand freely gives me so much confidence and security."

I PUT ON A BEAUTIFUL RED LIPSTICK.

"My two favorites right now are Valdé Beauty in the color Ebullience and Sephora 1 Always Red."

4 WAYS
TO BOOST
YOUR
CONFIDENCE

I REMIND MYSELF OF WHAT I'VE ACHIEVED.

"Remembering that I've served as inspiration to thousands of women grounds me in my life's purpose and makes me feel strong."

●
"When things get really hard, I allow myself to feel all the feels and go through whatever I'm going through without trying to act like everything is fine. I feel like fake positivity only makes things more difficult in the long run."
CAROLINA CONTRERAS

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“I have tried hard to make it a priority to be with my family. When my kids were growing up, we lived in Washington, DC, but the rest of the family was in California. I always aimed to take extra work in California and bring my daughters.”
DENISE AUSTIN



DENISE & KATIE AUSTIN, 66 & 29

Fitness icon Denise Austin has built a brand—and her own life—around healthy living. It's no wonder her daughter Katie followed in Mom's footsteps, first as a college athlete and now as a fitness and wellness influencer

in her own right. The two women share how they've gotten to know themselves better over

the years and what keeps them happily looking ahead to the next stage.

KATIE “I feel like with every year I'm living more presently. I used to focus a lot on other people's opinions, but now I'm not comparing myself to anyone else. It's an exciting time in my life: I'm engaged; I'm looking forward to getting married and starting a family. My mom has instilled in me a desire to live a full life. She has amazing girlfriends, an amazing marriage—I learned from the best to know that a life filled with fun doesn't stop at any age.”

DENISE “Staying in shape, traveling, and enjoying my life—that's longevity, baby. It's important to stay healthy and spend quality time with my family and friends. I'm still working full time, and I never want to retire. The kids are both on their own, and I love the time I have now with my husband. We have wonderful trips planned, and I look forward to more gatherings with family and friends.”

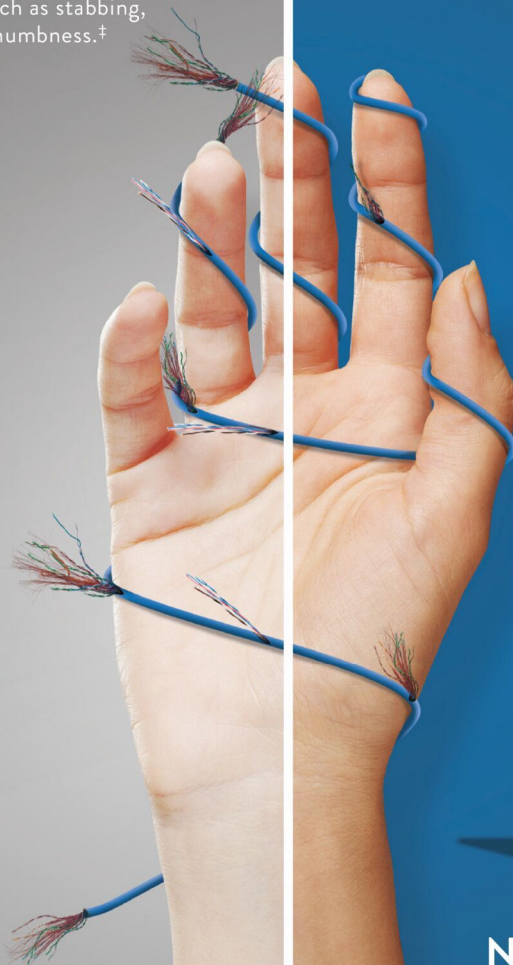
KATIE “I'm almost 30 and coming more into my own; every year I feel more authentically myself. I've had a beauty mark on my face my entire life, and growing up, I was insecure about it and asked my mom to get it removed. Now I embrace it; it makes me unique and stand out in a good way. You can think of whatever you're insecure about as what makes you genuinely who you are. In college I started to understand who I was and what I am passionate about. I got to decide what path to pursue and that gave me a lot of self-worth.”

DENISE “At 66, I'm even more excited about life than ever before; here I am still doing things I did at 30. For 40 years I've been in the fitness and health business, working out 30 minutes most days, and it's kept me feeling young. I pay special attention to my abs and core because strong abs help keep our spine healthy so we don't start to slouch as we age. And I practice good posture; it shows confidence no matter how old you are.”

HOW TO GROW
AND THRIVE
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EMMA LOVEWELL, 30s

This past spring, Peloton instructor Emma Lovewell published her first book, *Live*

3 SECRETS TO A LIFE WELL LIVED

Learn Love Well: Lessons from a Life of Progress Not Perfection.
In it, she reflects

on the life events, people, and passions that have brought her to where she is today. “We should all move through the world with grace. It’s OK to pivot and not be too hard on ourselves,” she says. Here’s how she does exactly that.

HAVE MORE “BEST DAYS.”

“Not long ago I threw my mom a 70th birthday party at my house. We had a chef and a mariachi band, and we were outside all day. Afterward, she said, ‘That was the best day of my life.’ It made me happy and also kind of sad, because I wanted her to have more best days. We put so much pressure on ourselves to have certain ‘best days’—weddings, graduations, having a child. But why not strive for every day to feel like a best day because of the little things? For me, it can be as simple as a day where I worked out, went to dance class, was greeted by my cat at the door, and my partner cooked a delicious dinner.”

HAVE A DATE WITH YOURSELF.

“I take myself out to dinner regularly. At first it felt awkward, but then I realized I should be able to spend time with myself. The relationship you have with yourself is the most important one.”

DIRECT YOUR ENERGY WISELY.

“My mom is a professional gardener; I’ve learned a lot from her. I have my own flower and vegetable garden, and I’ve realized deadheading [removing spent blooms to make way for new growth] is a great metaphor for life: Clear out the old, so you can put energy into the new.”

NYAKIO GRIECO, 49

“There is no such thing as too late,” says beauty industry entrepreneur Nyakio Grieco. She should know. She launched her first beauty line, Nyakio, in 2002 and sold it to Unilever 15 years later. At age 47, she launched not one but two new businesses: Thirteen Lune, an

BUSTING THROUGH THE MYTH OF “TOO LATE”

e-commerce site that aims to give BIPOC beauty brands more visibility, and a new line, Relevant: Your Skin Seen, serving all skin tones and types.

“You’re never too old or too young to start the life you want,” she says. “Each decade gives you insight on who you are and who you are becoming. There is power in being in an industry over time, taking those key learnings and moments to create something new that fully aligns my passion and purpose. The opportunity to start over as I move into a new decade is a testament to my resilience and community, and an example of ‘If I can do it, anyone can.’” ■

“In our 40s and beyond, we are in the prime of our lives. We have the wisdom to do better, friends we know we can trust, and gratitude not to take any of it for granted.”
NYAKIO GRIECO



PHOTOS: COURTESY OF EMMA LOVEWELL AND NYAKIO GRIECO



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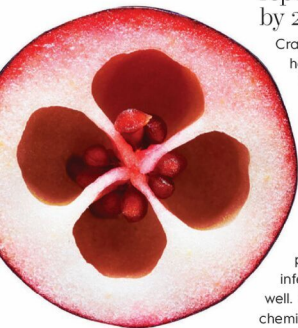
Let's **Change** Beauty 



In the Know

News and notes to boost your well-being

One in four women experiences a UTI more than once a year.



Drinking cranberry juice or taking cranberry supplements can reduce your risk of repeat UTIs by 26%.

Cranberries have long been a home remedy for UTIs; a review of the research underlines that they're effective in preventing infections as well. Experts think chemicals in the berry may keep bacteria from sticking to the lining of your urinary tract. Look for unsweetened juice to keep sugar low.

66

PERCENT OF AMERICANS SAY THEY AREN'T FULLY PREPARED FOR A NATURAL DISASTER.

September is National Preparedness Month. To make sure you're ready, put together an emergency kit (including water, food, and batteries), make a meetup plan with your loved ones, and write out what to do in case of severe weather. Visit ready.gov for more info and a full checklist.



Having depression raises your risk for 29 other health conditions by 150%.

If you've been feeling off, you're not alone: Since the pandemic, reported rates of depression and anxiety have risen 25 percent. Don't hesitate to reach out to a health care provider if you've been sad or tired for two weeks or more. In addition to in-person therapy, there are now many online therapy options, including BetterHelp, Talkspace, and Cerebral.

Getting more magnesium may boost brain health.

The recommended daily amount is 400 to 420 mg for men and 310 to 320 mg for women, but researchers found that people who got 550 mg daily had less age-related brain volume shrinkage by age 55, which is associated with better cognitive function and a lower risk of dementia. You can't get too much magnesium via food, but you can with a supplement, so check with your doctor before taking one.



Ramp up your magnesium intake with food, including almonds, spinach, and black beans.



TIME A DAY

That's how often experts advise wiping down your smartphone. Cleaning your phone kills cold-causing viruses and may ease allergy symptoms.

Each phone manufacturer may have specific directions, but going over your phone with a 70 to 75 percent alcohol wipe can do the trick.

SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH.

There's no routine test to check for ovarian cancer, so talk to your doctor about your risk. Also keep an eye out for symptoms: If you experience bloating or pelvic or belly pain, feel full quickly, or have frequent urges to urinate for two weeks or more a month, ask about getting screened.

TryThis: Wear a Sleep Mask

It can help your memory: In a recent study, scientists had one group sleep in an eye mask that blocked out light fully and another group in a perforated mask that let light in. Those who wore the blackout mask spent more time in slow-wave (deep) sleep and performed better on memory and cognitive function tests.

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Iris Apfel

The stylish centenarian can still cut a rug.

Iris Apfel turned 102 this August and is working harder than ever. The fashion icon and longtime textile designer—she ran Old World Weavers with her husband for 40-plus years—recently created a collection of chic and colorful rugs for Ruggable. We caught up with the self-described “geriatric starlet” at her home in New York City to talk about her approach to design and how she stays creatively inspired.

**DESIGN FOR
THE FUTURE**

Though she's known for her risk-taking style, Iris is also pragmatic about decorating. "What good is anything if it's pretty, but it doesn't last? You're living in a home, and it has to be sturdy and practical," she says. To that end, she recommends: "Buy the best quality you possibly can; spend only what you can afford."

LAY A FOUNDATION

When decorating a room, Iris advises starting with the rug and building from there. "A rug is pregnant with possibilities—you can do so many different things," she says. "That's the logical place to start."

DON'T BE SHY

Iris lives by her motto, "More is more, and less is a bore." In her home, she embraces pieces that are "bold and colorful and not run-of-the-mill," she says. She also has a thing for animal motifs: "I look at them and I smile." A zebra-print rug she designed, *below left*, was inspired by the pelts her mother had when Iris was a girl. (On Safari Sapphire rug for Ruggable, from \$129; ruggable.com)

STAY CURIOUS

"I find inspiration everywhere," Iris says. "My life has been filled with love, wonder, and a very deep sense of incurable curiosity—that influences my style." She documented her life and inspirations in her book, *Iris Apfel: Accidental Icon* (Harper Design). ■

“I’ve never been one for trends; I don’t care what other people do. I’m a great believer in working from the gut. Choose what speaks to you and go with it.”

[illegible]

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